

My Self-Reflection of CORE COMPETENCIES

Name:

Grade:



COLLABORATING

Working Collectively

- I can work with others to achieve a goal.
- I contribute. I take on various roles and responsibilities in a group.
- I am mindful of others. I negotiate respectfully and share resources, time, and space.

Supporting Group Interactions

- I am an active listener and speaker. I express my ideas.
- I know strategies that help make group work successful. I contribute, take turns, and encourage others to participate.
- I identify ways we agree, see diverse points of view, and resolve conflict.

Determine Common Purposes

- I can plan with others. We try to agree on a plan.
- I recognize how my contributions can complement the work of others.
- I can evaluate how well our group worked together to achieve our goal. I can share in the recognition of our achievements.

COMMUNICATING

Connecting and Engaging with Others

- I ask and respond to questions.
- I am an active listener. I support and encourage the person speaking.
- I recognize that there are different points-of-view, and I can disagree respectfully.

Focusing on Intent and Purpose

- I can communicate for a purpose.
- I can communicate in different ways and for different purposes.
- I intentionally use communication strategies and formats for impact and to reach my audience.

Acquiring and Presenting Information

- I can understand and share information about a topic that is important to me.
- I present information clearly and in an organized way.
- I can present information and ideas to an audience I may not know.

CREATIVE THINKING

Creating and Innovating

- I get ideas when I play. My ideas are fun for me and make me happy.
- I can get new ideas or build on other people's ideas to create new things within the constraints of a form, a problem or materials.
- I generate new ideas as I pursue my interests.
- I share ideas that are new to my peers.
- I can develop a body of creative work over time in an area of interest or passion.

Generating and Incubating

- I get ideas when I use my senses to explore.
- I build on others' ideas and add new ideas of my own. I combine other people's ideas in new ways to create new things or solve straightforward problems.
- I deliberately learn a lot about something (by doing research, talking to others or practising), so that I am able to generate new ideas.
- I have specific strategies for quieting my conscious mind (walking away, doing something relaxing, being deliberately playful), so that I can be more creative.
- I have interests and passions that I pursue over time.

Evaluating and Developing

- I make my ideas work or I change what I am doing.
- I can usually make my ideas work within the constraints of a given form, problem, and materials if I keep playing with them.
- I build the skills I need to make my ideas work and usually succeed, even if it takes a few tries.
- I use my experiences, with various steps and attempts, to direct my future work.
- I can persevere, over years if necessary, to develop my ideas. I expect ambiguity, failure, and setbacks and use them to advance my thinking.

CRITICAL AND REFLECTIVE THINKING

Analyzing and Critiquing

- I can show if I like something or not.
- I can identify criteria that I can use to analyze evidence.
- I can analyze evidence from different perspectives.
- I reflect on and evaluate my thinking, products, and actions.
- I analyze my own assumptions and beliefs and consider views that do not fit with them.

Questioning and Investigating

- I can explore materials and actions.
- I can ask open-ended questions and gather information.
- I consider more than one way to proceed in an investigation.
- I can evaluate the credibility of sources of information.
- I can tell the difference between facts, interpretations, opinions, and judgements.

Designing and Developing

- I can experiment with different ways of doing things.
- I can develop criteria for evaluating design options.
- I monitor my progress and adjust my actions to make sure I achieve what I want.
- I make choices that will help me create my intended impact on an audience or situation.

Reflecting and Assessing

- I can reflect on my thinking skills.
- I can reflect on my learning and know ways to improve.
- I can give, receive, and act on feedback.
- I know when I have met my goals and can set new ones.

PERSONAL AWARENESS AND RESPONSIBILITY

Self-advocating

- I can show a sense of accomplishment and joy.
- I can celebrate my efforts and accomplishments.
- I advocate for myself and my ideas.
- I can imagine and work toward change in myself and the world.
- I take the initiative and inform myself about controversial issues.

Self-regulating

- I can sometimes recognize emotions.
- I can use strategies that help me manage my feelings and emotions.
- I persevere with challenging tasks.
- I can implement, monitor, and adjust a plan and assess the results.
- I can take ownership of my goals, learning, and behaviour.

Well-being

- I can participate in activities that support my well-being and tell how they help me.
- I can take some responsibility for my physical and emotional well-being.
- I make choices that benefit my well-being and keep me safe in my community, including my online interactions.
- I use strategies to find peace in stressful times.
- I sustain a healthy and balanced lifestyle.

POSITIVE PERSONAL AND CULTURAL IDENTITY

Understanding Relationships and Cultural Contexts

- I can describe my family and community.
- I can identify the different groups that I belong to.
- I understand that my identity is made up of many interconnected aspects (such as life experiences, family, history, heritage, peer groups).
- I understand that learning is continuous and my concept of self and identity will evolve.

Recognizing Personal Values and Choices

- I can tell what is important to me.
- I can explain what my values are and how they affect choices I make.
- I can tell how some important aspects of my life have influenced my values.
- I understand how my values shape my choices.

Identifying Personal Strengths and Abilities

- I can identify my individual characteristics.
- I can describe / express my attributes, characteristics, and skills.
- I can reflect on my strengths and identify my potential as a leader in my community.
- I believe I can develop new abilities and strengths to help me meet new challenges.

SOCIAL AWARENESS AND RESPONSIBILITY

Building Relationships

- With some support, I can be part of a group.
- I am kind to others, can work or play cooperatively, and can build relationships with people of my choosing.
- I can identify when others need support and provide it.
- I am aware of how others may feel and take steps to help them feel included.
- I build and sustain positive relationships with diverse people, including people from different generations.

Contributing to Community and Caring for the Environment

- With some support, I can be part of a group.
- I can participate in group activities to improve the classroom, school, community, or natural world.
- I contribute to group activities that make the classroom, school, community, or natural world a better place.
- I can identify how my actions and the actions of others affect my community and the natural environment. I work to make positive change.
- I analyze complex social or environmental issues from multiple perspectives. I take thoughtful actions to influence positive, sustainable change.

Resolving Problems

- I solve some problems and know when to ask for help.
- I identify problems and compare ways to solve them.
- I clarify problems, consider alternatives, and evaluate problem-solving strategies.
- I weigh consequences when considering problems, compromise to meet others' needs, and evaluate actions.

Valuing Diversity

- I can demonstrate respectful and inclusive behaviour.
- I can explain when something is unfair.
- I advocate for others.
- I take action to support diversity and defend human rights. I can identify how diversity is beneficial for my community, including my online community.

ENGLISH

Evidence

What is this evidence?

Reflection

I chose this because...

I would change / improve...

This [aspect] worked well because...

My next steps are...

I chose these core competencies because...

Core Competencies

Communicating ▾

Collaborating ▾

Creative Thinking ▾

Critical & Reflective Thinking ▾

Personal Awareness and Responsibility ▾

Positive Personal and Cultural Identity ▾

Social Awareness and Responsibility ▾

SOCIAL STUDIES

Evidence

What is this evidence?

Reflection

I chose this because...

I would change / improve...

This [aspect] worked well because...

My next steps are...

I chose these core competencies because...

Core Competencies

Communicating ▾

Collaborating ▾

Creative Thinking ▾

Critical & Reflective Thinking ▾

Personal Awareness and Responsibility ▾

Positive Personal and Cultural Identity ▾

Social Awareness and Responsibility ▾

SCIENCE

Evidence

What is this evidence?

Reflection

I chose this because...

I would change / improve...

This [aspect] worked well because...

My next steps are...

I chose these core competencies because...

Core Competencies

Communicating ▾

Collaborating ▾

Creative Thinking ▾

Critical & Reflective Thinking ▾

Personal Awareness and Responsibility ▾

Positive Personal and Cultural Identity ▾

Social Awareness and Responsibility ▾

MATH

Evidence

What is this evidence?

Reflection

I chose this because...

I would change / improve...

This [aspect] worked well because...

My next steps are...

I chose these core competencies because...

Core Competencies

Communicating ▾

Collaborating ▾

Creative Thinking ▾

Critical & Reflective Thinking ▾

Personal Awareness and Responsibility ▾

Positive Personal and Cultural Identity ▾

Social Awareness and Responsibility ▾

PHYSICAL HEALTH EDUCATION

Evidence

What is this evidence?

Reflection

I chose this because...

I would change / improve...

This [aspect] worked well because...

My next steps are...

I chose these core competencies because...

Core Competencies

Communicating ▾

Collaborating ▾

Creative Thinking ▾

Critical & Reflective Thinking ▾

Personal Awareness and Responsibility ▾

Positive Personal and Cultural Identity ▾

Social Awareness and Responsibility ▾

ADST

<p>Evidence</p> <p>What is this evidence?</p>	<p>Reflection</p> <p>I chose this because...</p> <p>I would change / improve...</p> <p>This [aspect] worked well because...</p> <p>My next steps are...</p> <p>I chose these core competencies because...</p>
<p>Core Competencies</p> <ul style="list-style-type: none">Communicating ▾Collaborating ▾Creative Thinking ▾Critical & Reflective Thinking ▾Personal Awareness and Responsibility ▾Positive Personal and Cultural Identity ▾Social Awareness and Responsibility ▾	

FINE ARTS

Evidence

What is this evidence?

Reflection

I chose this because...

I would change / improve...

This [aspect] worked well because...

My next steps are...

I chose these core competencies because...

Core Competencies

Communicating ▾

Collaborating ▾

Creative Thinking ▾

Critical & Reflective Thinking ▾

Personal Awareness and Responsibility ▾

Positive Personal and Cultural Identity ▾

Social Awareness and Responsibility ▾

LANGUAGES

Evidence

What is this evidence?

Reflection

I chose this because...

I would change / improve...

This [aspect] worked well because...

My next steps are...

I chose these core competencies because...

Core Competencies

I ask and respond to questions. ▾

Collaborating ▾

Creative Thinking ▾

Critical & Reflective Thinking ▾

Personal Awareness and Responsibility ▾

Positive Personal and Cultural Identity ▾

Social Awareness and Responsibility ▾