

## Core Competencies Self-Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_  
Teacher \_\_\_\_\_ Grade \_\_\_\_\_

### Communication

I chose **my poetry presentation** to show how I have been developing my communication skills.

It shows my communication because...

**I shared my ideas in front of the class. During other people's presentations, I listened well.**

I want you to notice...

**I presented with confidence.**

One thing I would do differently next time is **talk slower** because...

**People can understand me better.**

**I can add more expression.**

**It gives more time for people to react.**

**I have time to take a few more breaths.**

To accomplish this, I will...

**Practice more.**

**Ask my friends for feedback.**

**Record myself and watch it back.**

