**Core Competencies Self-Assessment**

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| **Communication** |

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| **Connecting and engaging with others**   * I ask and respond to simple, direct 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.   **Acquiring, interpreting, 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.   **Collaborating to plan, carry out and review projects and activities**   * I can work with others to achieve a common goal; I do my share. * I can take on roles and responsibilities in a group. * I can summarize key ideas and identify the ways we agree (commonalities).   **Explaining / recounting and reflecting on experiences and accomplishments**   * I give, receive, and act on feedback. * I can recount simple experiences and activities and tell something I learned. * I can represent my learning, and tell how it connects to my experiences and efforts. |

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| \*I chose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as evidence for how I have been developing my communication skills.  It shows my communication because:  My goal for moving forward is to:  I will make this happen by: |

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| **Thinking: Creative – Critical** | |
| ***Creative Thinking***  **Generating ideas**   * I get ideas when I use my senses to explore. * I build on others’ ideas and add new ideas of my own, or combine other people’s ideas in new ways to create new things or solve straightforward problems. * I deliberately learn a lot about something (e.g. by doing research, talking to others or practicing) so that I am able to generate new ideas or ideas just pop into my head.   **Developing ideas**   * 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.   **Innovating and connecting with others’ ideas**   * I get ideas when I interact with others. 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.   ***Critical 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.   **Questioning and investigating**   * I can explore materials and actions. * I can ask open-ended questions and gather information. * I can consider more than one way to proceed in an investigation.   **Developing and designing**   * I can experiment with different ways of doing things. * I can develop criteria for evaluating design options. * I can monitor my progress and adjust my actions to make sure I achieve what I want. |

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| \*I chose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as evidence for how I have been developing my creative and critical thinking skills.  It shows my creative and critical thinking because:  My goal for moving forward is to:  I will make this happen by: |

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| **Personal and Social** |
| ***Positive Personal & Cultural Identity***  **Relationships and cultural contexts**   * I can describe my family and community. * I am able to 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).   **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.   **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.   ***Personal Awareness & Responsibility***  **Self-determination**   * I can show a sense of accomplishment and joy. * I can celebrate my efforts and accomplishments. * I can advocate for myself and my ideas.   **Self-regulation**   * I can recognize my emotions. * I can use strategies that help me manage my feelings and emotions. * I can persevere with challenging tasks.   **Well-being**   * I can participate in activities that support my well-being, and tell/show how they help me. * I can take some responsibility for my physical and emotional well-being. * I can make choices that benefit my well-being and keep me safe in my community, including my online interactions.   ***Social Responsibility***  **Contributing to community and caring for the environment**   * I can be part of a group. * I can participate in classroom and group activities to improve the classroom, school community, or natural world. * I contribute to group activities that make my classroom, school, community, or natural world a better place.   **Solving problems in peaceful ways**   * I can solve some problems myself and can identify when to ask for help. * I can identify problems and compare potential problem-solving strategies. * I can clarify problems, consider alternatives, and evaluate strategies.   **Valuing diversity**   * I can demonstrate respectful and inclusive behavior. * I can explain when something is unfair. * I can advocate for others.   **Building relationships**   * I can be part of a group. * I am kind to others, can work or play co-operatively, and can build relationships with people of my choosing. * I can identify when others need support and provide it. |

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