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| **Personal and Social**  **A positive personal and cultural identity** is the awareness, understanding, and appreciation of all the facets that contribute to a healthy sense of oneself. It includes awareness and understanding of one’s family background, heritage(s), language(s), beliefs, and perspectives in a pluralistic society. Students who have a positive personal and cultural identity value their personal and cultural narratives, and understand how these shape their identity. Supported by a sense of self-worth, self-awareness, and positive identity, students become confident individuals who take satisfaction in who they are, and what they can do to contribute to their own well-being and to the well-being of their family, community, and society.  **Personal awareness and responsibility** includes the skills, strategies, and dispositions that help students to stay healthy and active, set goals, monitor progress, regulate emotions, respect their own rights and the rights of others, manage stress, and persevere in difficult situations. Students who demonstrate personal awareness and responsibility demonstrate self-respect and express a sense of personal well-being.  **Social responsibility** involves the ability and disposition to consider the interdependence of people with each other and the natural environment; to contribute positively to one’s family, community, society, and the environment; to resolve problems peacefully; to empathize with others and appreciate their perspectives; and to create and maintain healthy relationships. | | | |
| **FACET** | **Positive Personal and Cultural Identity:**   * Relationships and cultural contexts * Personal values and choice * Personal strengths and abilities | **Personal Awareness and Responsibility:**   * Self-determination * Self-regulation * Wellness | **Social Responsibility:**   * Contributing to Community and caring for the environment * Solving problems in peaceful ways * Valuing diversity * Building relationships |
| **My Strengths:**  (“I can” statement/ “I am good at…”) | | | |
| **Evidence and Explanation:**  (I know this is a strength because…) | | | |
| **My goal for moving forward:**  (I will get better at…) | | | |
| **My plan to make this happen/Strategies and resources needed:**  (My plan to reach my goal is…) | | | |
| **My Evidence/artifact/learning sample:**  Please use the space below to include your work sample or artifact (eg. assignment, video, discussions, interviews, artwork ,photographs, etc) | | | |