**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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| **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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