


CORE COMPETENCY SELF-ASSESSMENT BY _____

Date: June 2020

ASSESSMENT KEY:

- Circle 1 or 2 statements in each section that you feel are your strengths
- Give an example from this year when you demonstrated this strength
- Star 1 or 2 statements that you feel you could work on


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|---|--------------------------------------|
|  COMMUNICATION | I showed my communication when . . . |
| Communication <ul style="list-style-type: none">• I ask and respond to simple questions.• I can disagree respectfully.• I am an active listener, I support and encourage the person speaking.• I can understand and share information about a topic that is important to me.• I present information clearly and in an organized way.• I receive and act on feedback.• I can recount simple experiences and tell something I learned. | |
| Collaboration <ul style="list-style-type: none">• I can support group interactions.• I can develop shared understanding and purpose.• I can follow requests from my teachers or peers.• I can support school guidelines and expectations. | |

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|  SOCIAL AND PERSONAL | I showed my personal, social competency when . . . |
| Personal Awareness and Responsibility <ul style="list-style-type: none"> • I can advocate for myself and my ideas. • I take ownership of my goals, learning, behaviour, and emotions. • I make choices that benefit my well-being and keep me safe, including online. • I use strategies to find peace in stressful times. | |
| Social Awareness and Responsibility <ul style="list-style-type: none"> • I help make my classroom, school, community, and environment a better place. • I recognize when there is a problem, think of ways to fix it, and choose a solution. • I show respect and include others. I accept differences in others. • I can notice when something is unfair and take steps to help correct it. • I am kind to others, cooperate, and build positive relationships. | |
| Positive Personal and Cultural Identity <ul style="list-style-type: none"> • I understand that learning is continuous and I will continue to change and grow. • I can identify the different groups that I belong to. • I can identify my strengths and use them to positively affect others. | |

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|  <p>THINKING</p> | <p>I showed my thinking when . . .</p> |
| <p>Critical and Reflective Thinking:</p> <ul style="list-style-type: none"> • I collect and understand evidence from different perspectives. • I can ask deep thinking questions. • I can reflect on my progress and adjust my actions to make sure I meet criteria to achieve what I want. • I can consider my options, make choices based on good reasons, and follow through with what I am trying to do. • I can tell the difference between facts and opinions. | |
| <p>Creative Thinking</p> <ul style="list-style-type: none"> • I can build on other people’s ideas and add my own ideas to create something new. • I realize my ideas may not always be successful but I can learn from my mistakes to move forward, even if it takes a few tries. • I am open to new ideas, topics and experiences to help me develop my personal interests. • I can get new ideas by exploring things that interest me. | |