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**The core competencies are a set of skills and abilities that are the foundation of our new curriculum.**

**These skills are embedded in every area of learning, including REM.**

**Please complete this self-assessment by reflecting on your growth in the core competencies during your time at REM.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Curriculum/Core%20Competencies/Triangles%20Comm.png****COMMUNICATION** | **Connect and engage with others (to share and develop ideas)*** 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 disagree respectfully.
 | **Acquire, interpret, and present information*** I understand and share information about a topic that is important to me.
* I present information and ideas to an audience I may not know.
 | **Collaborate to plan, carry out, and review constructions and activities** * I work with others to achieve a common goal. I do my share.
* I take on roles and responsibilities in a group.
 | **Explain/recount and reflect on experiences and accomplishments** * I give, receive, and act on feedback.
* I recount simple experiences and activities and tell something I learned.
 |
| **Here are some ways that I demonstrated my strengths in COMMUNICATION:** |
| **Curriculum/Core%20Competencies/Triangles%20PS.png****POSITIVE PERSONAL****AND****CULTURAL IDENTITY** | **Relationships and cultural contexts** 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 am able to 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.
* I understand how my values shape my choices.
 | **Personal strengths and abilities*** I can identify my individual characteristics.
* I can describe/express my attributes, characteristics, and skills.
* I reflect on my strengths and identify my potential as a leader in my community.
* I understand I will continue to develop new abilities and strengths to help me meet new challenges.
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| **Here are some ways that I demonstrated my strengths in POSITIVE PERSONAL AND CULTURAL IDENTITY:**  |

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| **Curriculum/Core%20Competencies/Triangles%20PS.png****PERSONAL AWARENESS****AND** **RESPONSIBILITY** | **Self-determination*** I show a sense of accomplishment and joy.
* I celebrate my efforts and accomplishments.
* I advocate for myself and my ideas.
 | **Self-regulation*** I sometimes recognize emotions.
* I use strategies that help me manage my feelings and emotions.
* I persevere with challenging tasks.
* I take ownership of my goals, learning, and behaviour.
 | **Well-being*** I participate in activities that support my well-being, and tell/show how they help me.
* I take some responsibility for my physical and emotional well-being.
* I make choices that benefit my well-being and keep me safe.
* I use strategies to find peace in stressful times.
* I sustain a healthy and balanced lifestyle.
 |
| **Here are some ways that I demonstrated my strengths in PERSONAL AWARENESS AND RESPONSIBILITY:**  |
| **Curriculum/Core%20Competencies/Triangles%20PS.png****SOCIAL RESPONSIBILITY** | **Contributing to community and caring for the environment*** With some support, I can be part of a group.
* I participate in group activities that make my world a better place.
* I identify how my actions and the actions of others affect my community and the natural environment and work to make positive change.
 | **Solving problems in peaceful ways*** I solve some problems myself and know when to ask for help..
* I clarify problems or issues, and compromise to meet the needs of others.
 | **Valuing diversity*** With some direction, I demonstrate respectful and inclusive behaviour.
* I explain when something is unfair.
* I advocate for others.
 | **Building relationships**\* With some support, I can be part of a group.\* I am kind to others, work/play co-operatively, and build relationships.\* I identify when others need support and provide it.\* I am aware of how others may feel and take steps to help them feel included. |
| **Here are some ways that I demonstrated my strengths in SOCIAL RESPONSIBILITY:**  |