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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.**

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| **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. | |
| **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:** | | | | | |