

Student Self-Assessment of Core Competencies

Communication, Thinking, Personal & Social



Core Competency										
NW.	In a safe and supported environment, I engage with peers and adults. With support, I can be part of a group.	with peers talk and	communicate with peers and adults. I listen and constrained adults. I adults are spond to others.	communicate with peers and adults with growing confidence. I listen actively, ask questions, and make connections.	l communicate clearly in an organized way. I actively listen and ask clarifying questions.		I communicate effectively in way are appropriate to audience and pur In discussions an collaborations, I a flexible and ackno different perspec	vs that a o my v rpose. d d t am a owledge d	am able to engage and accomplish my purpose with an increasing range of audiences, including those I do not know. I am a leader in discussions and collaborations, and help to deepen thinking.	
Receiving Sending	Communication strengths. I feel I am really good at:									
Communication	Here are some examples of how I have shown my strengths in communication :									
	In communication , my goal for moving forward is:									
	To do this, I will:									
	l use my imagination to get ideas. I make my ideas work or I change what I am doing	g. people's ic	deas or build on or combine othe leas to create new things or sol [,] rward problems.	5	my skills to make tely learn a lot about	I get new ideas or reinterpret oth in ways that are helpful to me and My creative ideas are usually a fo expression.	d my peers. creat rm of self- my co perse	ive pieces or ommunity. I	nd develop them to form to make a difference in pursue my passions and lop my ideas, even with challenging.	
Creative	Creative thinking strengths. I feel I am really good at:									
	Here are some examples of how I have shown my strengths in creative thinking :									
Creative thinking	In creative thinking , my goal for moving forward is:									
	To do this, I will:									

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	I explore materials and actions. I am able to show if I like something or not.	I explore with a purpose in mind and use evidence to make simple judgments. I am able to talk about or show something about my thinking.	I ask questions and consider options. I use my observations and experience to draw conclusions and make judgments. I am able to describe my thinking and how it is changing.		I gather and combine new evidence with what I already know to identify problems, and develop reasoned conclusions, judgments, or plans. I can assess my thinking.		I evaluate and use well-chose evidence to develop interpreta identify alternatives, perspecti and implications; and make judgments. I am able to exami adjust my thinking.	tions; perspectives to analyze and make decisions about complex issues. I consider alternative approaches an		
	Critical thinking strengths. I feel I am really good at:									
Critical	Here are some examples of how I have shown my strengths in critical thinking:									
Critical thinking	hinking In critical thinking, my goal for moving forward is: To do this, I will:									
	I am aware of myself as different fror others. With some help, I can talk ab who I am and identify some of my qu	out myself. I identify some of my	individual e, places, and	identity and cultural of	different aspects of my contexts. I describe my I how I am able to use my communities.	by many aspe my values sha that my chara strengths con	hat my identity is influenced cts of my life. I am aware that pe my choices. I understand cteristics, qualities and tribute to making me a unique an important part of my	I identify how my life experiences have contributed to who I am. I recognize the continuous and evolving nature of my concept of self and identity. I understand that challenges are opportunities for personal growth, and that I will continue to grow over my lifetime.		
Personal	Positive personal and cultural identity strengths. I feel I am really good at:									
Positive personal and	Here are some examples of how I have shown my strengths in positive personal and cultural identity :									
cultural identity	In positive personal and cultural identity , my goal for moving forward is:									
	To do this, I will:									
	To do this, I will:									

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Vith support, I show a sense of ccomplishment, and sometimes recognize ay emotions. I participate in activities that upport my well-being.	In a safe, supportive environment, I share my ideas and accomplishments, and accept responsibility for my actions. I make	I recognize my strengths and use strategies to focus, manage stress, and accomplish	I recognize my value and advocate for my	I identify my strengths and limits, find					
	decisions about my activities, and, with support, take some responsibility for my physical and emotional well-being.	my goals. I make choices that benefit my well-being and keep me safe in a variety of communities, including online.	rights. I take responsibility for my choices, my actions, and my achievements. I use strategies for working toward a healthy and balanced lifestyle.	internal motivation, and act on opportunities for self-growth. I take responsibility for making ethical decisions. I sustain a healthy and balanced lifestyle.					
Personal awareness and responsibility strengths. I feel I am really good at:									
Here are some examples of how I have shown my strengths in personal awareness and responsibility :									
In personal awareness and responsibility , my goal for moving forward is:									
To do this, I will:									
am aware that people can be different than ne. I interact with my friends, and with ome support, I can be part of a group.	In familiar and structured settings, I interact with others and the environment respectfully. I am kind to others, work cooperatively, and build relationships with people of my choosing.	l interact with others and the environment respectfully and thoughtfully. I know when others need help and provide it. I sustain relationships. I show care for Elders.	I take purposeful action to support others and the environment. I am aware of the feelings of others and help them feel included. I maintain relationships with people from different generations.	I initiate positive, sustainable change for others and the environment. I empathize with others and adjust my behaviour to accommodate their needs. I sustain relationships with diverse people from a variety of age groups, communities and cultures.					
Social responsibility strengths. I feel I am really good at:									
Here are some examples of how I have shown my strengths in social responsibility :									
In social responsibility, my goal for moving forward is:									
o do this, I will:									
le n o o o r i e	ere are some examples of how I have personal awareness and response o do this, I will: m aware that people can be different than a. I interact with my friends, and with me support, I can be part of a group. Decial responsibility strengths. I fee ere are some examples of how I have social responsibility, my goal for the	ere are some examples of how I have shown my strengths in personal a personal awareness and responsibility , my goal for moving forward is a do this, I will: m aware that people can be different than a. Interact with my friends, and with me support, I can be part of a group. In familiar and structured settings, I interact with others and the environment respectfully. I am kind to others, work cooperatively, and build relationships with people of my choosing. bcial responsibility strengths. I feel I am really good at: ere are some examples of how I have shown my strengths in social resp social responsibility , my goal for moving forward is:	ere are some examples of how I have shown my strengths in personal awareness and responsibility: personal awareness and responsibility, my goal for moving forward is: a do this, I will:	ere are some examples of how I have shown my strengths in personal awareness and responsibility: personal awareness and responsibility, my goal for moving forward is: b do this, I will: m aware that people can be different than Infamiliar and structured settings, I interact with others and the environment respectfully. I am kind to others, work coperatively, and build relationships with people of my choosing. I take purposeful action to support others and the environment respectfully. I am kind to others, work coperatively, and build relationships with people of my choosing. I take purposeful action to support others and the environment respectfully. I am kind to others, work coperatively, and build relationships with people of my choosing. I take purposeful action to support others and the environment respectfully. I am kind to others, work coperatively, and build relationships with people of my choosing. I take purposeful action to support others and the environment respectfully. I am kind to others, work coperatively, and build relationships with people of my choosing. I take purposeful action to support others and the environment respectfully. I am kind to others, work coperatively, and build relationships with people of my choosing. I take purposeful action to support others and the environment respectfully. I am kind to others, work coperatively, and build relationships with people of my choosing. I take purposeful action to support others and the environment respectfully. I am kind to others, work coperatively, and build relationships with people of my choosing. I take purposeful action to support others and the environment respectful action to support action to sup					

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