

SELF-ASSESSMENT OF MY CORE COMPETENCIES

Name: Jaya, Grade 5

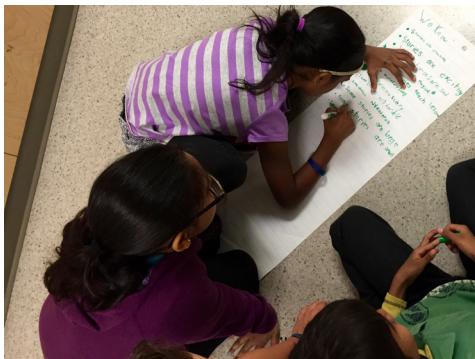
Date: April 14, 2017

My strengths are in reading, deep thinking, and making connections while reading. I can make questions in my head and I can predict things that I think are going to happen in stories I am interested in.

I can share my thinking with people in my blog posts. I feel more comfortable posting my ideas online than talking in a small group. Sharing through my blog gives me time to think about my ideas before I share them with others.

I have to convince myself each time I am working in a group to add something I think, or know or wonder about. I will start small and maybe set a goal to share at least one thing each time I work in a group.

My goals are to read slowly so that I am able to remember, make connections and explain the books I read. That will help me support my opinions. I would also like to be more brave to share my thinking in a group. Sometimes I am not sure of my thoughts and what others will think of me but like everything, things get easier with practice.



Self-assessment can take many forms and may focus on one, a few, or all of the core competencies.

SELF-ASSESSMENT OF MY CORE COMPETENCIES

Name: Tim, Grade 7

Date: April 18, 2017



COMMUNICATION



THINKING



PERSONAL & SOCIAL

MY STRENGTHS

It was a thrill to be able to present my speech to such a big group of people at the board office last week. I think that it showed that I have courage and that I am a good communicator. When my teacher first asked me to share my speech with a whole bunch of people, I was so scared. But I practiced and practiced and used the suggestions my teacher and parents gave me.

EXAMPLES AND EVIDENCE OF MY STRENGTHS

During my speech, you can see that it made me really think about my life and my past experiences and how that has made me into the person I am now. It shows that I am getting to know myself as a person and things I need to get better at.



MY GOALS

After I presented my speech, I had such a great feeling. I felt that I could almost do anything and that I did a great job. I'd probably like to get better at giving speeches and feeling more comfortable doing them. I would be more myself during the speech and rely less on my notes.

MY PLANS TO REACH MY GOALS

Something like this totally comes with practice. I'm not sure when I will have another chance to do something like this again, but if any more opportunities come my way, I will for sure take them. I learned that it's important to be prepared and this happens by practicing ... a lot!!! I also learned that it's really important to learn from people who know what they are doing and to use the feedback they give you. I will definitely do that more the next time.



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