



Name: _____

Date: _____

Self-Assessment of Core Competencies

Core competencies are sets of intellectual, personal, and social and emotional proficiencies that all students need to develop in order to engage in deep learning and life-long learning.

Throughout your year, in each of your classes, the learning tasks in which you have been engaged have had three proficiencies embedded in them: Communication, Thinking, and Personal/Social. Competency development does not end with school graduation but continues in personal, social, educational, and workplace contexts.

What do these competencies look like in my classes? My learning? My teams and clubs?
My community?

CRITICAL THINKING

Analyze and Critique:



- ☐ I can show if I like something or not
- ☐ I can identify criteria that I can use to analyze evidence
- ☐ I can analyze evidence from different perspectives
- ☐ I can reflect on and evaluate my thinking, products, and actions
- ☐ I can analyze my own assumptions and beliefs and consider views that do not fit with them

Question and Investigate:

- ☐ I can explore materials and actions
- ☐ I can ask open-ended questions and gather information
- ☐ I can consider more than one way to proceed an investigation
- ☐ I can evaluate the credibility of sources of information
- ☐ I can tell the difference between facts and interpretations, opinions, and judgments

Develop and Design:

- ☐ I can experiment with different ways of doing things
- ☐ I can develop criteria for evaluating design options
- ☐ I can monitor my progress and adjust my actions to make sure I achieve what I want
- ☐ I can make choices that will help me create my intended impact on an audience or situation

1. Tick **one** “I can” statement from the list **on the previous page** that you feel is a strength for you.
2. Give a **specific examples** of how you have demonstrated/expressed each strength.
3. Reflect on your examples.



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My strengths are (I can...) – write down your “I can” statement below:

What is your ‘evidence’ that highlights your strength? (ie. an assignment that you completed, the way you dealt with an issue...)

Explain how your ‘evidence’ showed **strength** as it relates to your ‘I can’ statement.

Competency Reflection #3 – Critical Thinking

1. Go to the A.L. Fortune website
2. Under student, go to Careers ➡ myBlueprint login
3. Go to your “portfolios” and click on your **CURRENT** grade portfolio
4. Click “add a box” ➡ add “media” ➡ click “picture”
5. Use your Camera/use your microphone will appear – click “allow”
6. Hold your paper up and click the red camera button ➡ click “post”
7. Add a title : **Reflection #3**
8. Add a description: **Core Competency – Critical Thinking**
9. Your post will now appear in your current grade portfolio in its’ own box – well done!