



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? My community?

### 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 can disagree respectfully

#### Acquire, interpret, and present information (include inquiries)

- ☐ I can understand and share information about a topic that is important to me
- ☐ I present information clearly and in an organized way
- ☐ I can present information and ideas to an audience I may not know

#### Collaborate to plan, carry out, and review constructions and activities

- ☐ I can work with others to achieve a common goal; I do my share
- ☐ I can take on roles and responsibilities in a group
- ☐ I can summarize key ideas and identify the ways we agree (commonalities)

#### Explain/recount and reflect on experiences and accomplishments

- ☐ I give, receive, and act on feedback
- ☐ I can recount simple experiences and activities and tell something I learned
- ☐ I can represent my learning, and tell how it connects to my experiences and efforts



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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.

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.

### Core Competency Reflection #1 – Communication

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 #1**
8. Add a description: **Core Competency – Communication**
9. Your post will now appear in your current grade portfolio in its’ own box – well done!