



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?

PERSONAL AWARENESS AND RESPONSIBILITY

Self Determination:

- ☐ I can show a sense of accomplishment and joy
- ☐ I can celebrate my efforts and accomplishments
- ☐ I can advocate for myself and my ideas
- ☐ I can imagine and work toward change in myself and the world
- ☐ I take the initiative to inform myself about controversial issues



Self-Regulation:

- ☐ I can sometimes recognize emotions
- ☐ I can use strategies that help me manage my feelings and emotions
- ☐ I can persevere with challenging tasks
- ☐ I can implement, monitor, and adjust a plan and assess the results
- ☐ I can take ownership of my goals, learning, and behaviour

Well-being:

- ☐ I can participate in activities that support my well-being, and tell/show how they help me
- ☐ I can take some responsibility for my physical and emotional well-being
- ☐ I can make choices that benefit my well-being and keep me safe in my community, including my online interactions
- ☐ I can use strategies to find peace in stressful times
- ☐ I can sustain a healthy and balanced lifestyle

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 #2 – Personal Awareness and Responsibility

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 – Personal Awareness and Responsibility**
9. Your post will now appear in your current grade portfolio in its’ own box – well done!