

# Core Competencies: K-3 Student Reflection and Self-Assessment



## Communication

Connect and Engage with Others (to share and develop ideas)

I ask and respond to simple, direct questions.	Here is my example:	My learning goal is:



## Creative Thinking Novelty and Value

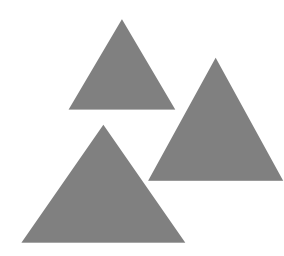
I get ideas when I play. My ideas are fun for me and make me happy.	Here is my example:	My learning goal is:



## Positive Personal & Cultural Identity Relationships and Cultural Contexts

I know my name. I know that I am different and/or unique from other people.	Here is my example:	My learning goal is:





# Core Competencies:

## K-3 Student Reflection and Self-Assessment

This resource was developed through careful analysis of the [Core Competencies Profiles](#) and [I Statements](#) from the [BC Ministry of Education](#). We looked at the language used, and simplified some aspects into K-3 student-friendly language for the purpose of student reflection and self-assessment.

### Ideas on how to use this resource:

- this is a lengthy document - you can print just the page(s) you need for your students, as you focus in on one facet or competency
- space is provided for students to: draw, write, provide samples, photos, etc., to reflect on and document their growth in relation to facet(s) or one of the three broad competencies (*with support as needed*)
- space is also provided for students to develop learning goals (*with support as needed*)
- teachers can provide reflections or feedback on the back of a self-assessment page, or on sticky notes, if they choose - this can be a great way to continue and deepen student-teacher conversations



# Communication

Connect and Engage with Others (to share and develop ideas)

I ask and respond to simple, direct questions.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Communication

Connect and Engage with Others (to share and develop ideas)

<p><b>I am an active listener; I can ask the speaker questions and make connections.</b></p>	<p>Here is my example:</p>	<p>My learning goal is:</p>
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name: \_\_\_\_\_



# Communication

Connect and Engage with Others (to share and develop ideas)

<p>I recognize that there are different points-of-view and I can disagree respectfully.</p>	<p>Here is my example:</p>	<p>My learning goal is:</p>
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name: \_\_\_\_\_



# Communication

Acquire, Interpret, and Present Information (includes inquiries)

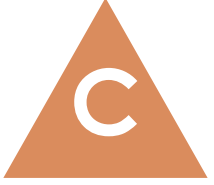
I can understand and share information about a topic that is important to me.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Communication

Acquire, Interpret, and Present Information (includes inquiries)

I plan and present information clearly and in an organized way.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Communication

Acquire, Interpret, and Present Information (includes inquiries)

I can present information and ideas to different audiences.

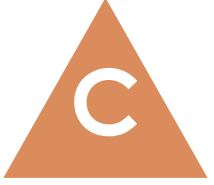
Here is my example:

My learning goal is:



name: \_\_\_\_\_





# Communication

Collaborate to Plan, Carry Out, and Review Constructions and Activities

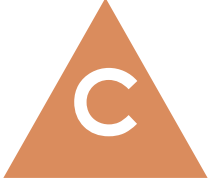
I can plan and complete activities with others; I do my share.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Communication

Collaborate to Plan, Carry Out, and Review Constructions and Activities

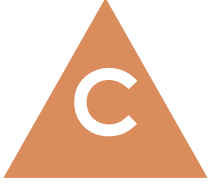
Here is my example:

My learning goal is:

I can take on  
roles and  
responsibilities  
in a group.



name: \_\_\_\_\_



# Communication

Collaborate to Plan, Carry Out, and Review Constructions and Activities

Here is my example:

My learning goal is:

I can express my ideas and I encourage others to express theirs.



name: \_\_\_\_\_



# Communication

Explain/Recount and Reflect on Experiences and Accomplishments

I give, receive,  
and act on  
feedback.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Communication

Explain/Recount and Reflect on Experiences and Accomplishments

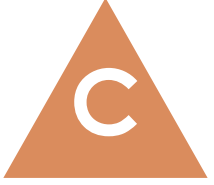
I can talk about my learning experiences and activities.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Communication

Explain/Recount and Reflect on Experiences and Accomplishments

I can show and/or tell how my learning connects to my experiences and efforts.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Creative Thinking

## Novelty and Value

I get ideas when I play. My ideas are fun for me and make me happy.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Creative Thinking

## Novelty and Value

I can get new ideas and/or build on other people's ideas to create new things.

Here is my example:

My learning goal is:



name: \_\_\_\_\_





# Creative Thinking

## Novelty and Value

I get new ideas  
when I explore  
topics I am  
interested in.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Creative Thinking

## Generating Ideas

I get ideas  
when I use my  
senses to  
explore.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Creative Thinking

## Generating Ideas

I can get new ideas and/or build on other people's ideas to solve problems.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Creative Thinking

## Generating Ideas

I choose to learn a lot about things I have a strong interest in, so that I am able to come up with new ideas.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Creative Thinking

## Generating Ideas

I have strategies for quieting my mind so that I can be more creative.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Creative Thinking

## Developing Ideas

Here is my example:

My learning goal is:

I make my ideas work or I change what I am doing.



name: \_\_\_\_\_



# Creative Thinking

## Developing Ideas

If I keep playing with my ideas, I can usually make them work, even if it takes a few tries.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Creative Thinking

## Developing Ideas

I learn from my experiences, including my mistakes, and remember what I learned for the next time.

Here is my example:

My learning goal is:



name: \_\_\_\_\_





# Critical Thinking

## Analyze and Critique

I can show if I like something or not.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Critical Thinking

## Analyze and Critique

I can tell or show something about my thinking.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Critical Thinking

## Analyze and Critique

Here is my example:

My learning goal is:

I can study information from different perspectives.



name: \_\_\_\_\_



# Critical Thinking

## Analyze and Critique

I can reflect on and explain my thinking, work, and choices, and decide if they worked or not.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Critical Thinking

## Question and Investigate

I can explore materials and actions.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Critical Thinking

## Question and Investigate

**I can ask open-ended questions and gather information.**

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Critical Thinking

## Question and Investigate

I can consider more than one way to explore or investigate an issue, problem or idea.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Critical Thinking

## Question and Investigate

**I can evaluate  
and make  
judgments  
about sources  
of information.**

Here is my example:

My learning goal is:



name: \_\_\_\_\_





# Critical Thinking

## Question and Investigate

I can tell the difference between facts and opinions.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Critical Thinking

## Develop and Design

I can experiment with different ways of doing things.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Critical Thinking

## Develop and Design

**I can develop  
criteria for  
evaluating  
design options.**

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Critical Thinking

## Develop and Design

**I can monitor  
my progress  
and adjust my  
actions to make  
sure I achieve  
what I want.**

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Critical Thinking

## Develop and Design

**I can make choices that will help me create my intended impact on an audience or situation.**

Here is my example:

My learning goal is:



name: \_\_\_\_\_

PS

# Positive Personal & Cultural Identity

## Relationships and Cultural Contexts

I know my name. I know that I am different and/or unique from other people.

Here is my example:

My learning goal is:



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Relationships and Cultural Contexts

PS

I am able to identify the different groups that I belong to.

Here is my example:

My learning goal is:



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Relationships and Cultural Contexts

PS

Here is my example:

My learning goal is:

I can describe  
my family,  
home, and the  
people and/or  
places that  
make up my  
community.



name: \_\_\_\_\_



# Positive Personal & Cultural Identity

## Relationships and Cultural Contexts

PS

Here is my example:

My learning goal is:

I have pride in  
who I am. I  
know that my  
identity is  
made up of  
different parts.  
(such as family,  
communities, school,  
friends, heritage)



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Personal Values and Choices

PS

I can identify  
people, places  
and things that  
are important  
to me.

Here is my example:

My learning goal is:



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Personal Values and Choices

PS

I can explain what I like and dislike. I am able to explain what interests me.

Here is my example:

My learning goal is:



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Personal Values and Choices

PS

Here is my example:

My learning goal is:

I can explain what I believe in, and how my beliefs affect choices I make.



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Personal Values and Choices

PS

Here is my example:

My learning goal is:

I understand  
how my beliefs  
and/or values  
shape my  
choices.



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Personal Values and Choices

PS

Here is my example:

My learning goal is:

I can tell how some important aspects of my life have been influenced by my values.



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Personal Strengths and Abilities

PS

Here is my example:

My learning goal is:

I understand  
that learning  
takes patience  
and time.



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Personal Strengths and Abilities

PS

Here is my example:

My learning goal is:

I can identify  
my individual  
characteristics.



name: \_\_\_\_\_



# Positive Personal & Cultural Identity

## Personal Strengths and Abilities

PS

I can identify my strengths and use them to contribute positively to my community.

Here is my example:

My learning goal is:



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Personal Strengths and Abilities

PS

Here is my example:

My learning goal is:

I can describe  
and take pride  
in my positive  
qualities, traits  
and/or skills.



name: \_\_\_\_\_

# Positive Personal & Cultural Identity

## Personal Strengths and Abilities

PS

I understand that I can work hard to develop new skills and traits that will help me meet new challenges.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Self-Determination

I can show a sense of accomplishment and joy.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Self-Determination

I can share and celebrate my efforts, ideas and accomplishments.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Self-Determination

I can express  
some wants,  
needs, and  
preferences.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Self-Regulation

I can sometimes recognize emotions.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Self-Regulation

I can use strategies that help me manage my feelings and emotions.

Here is my example:

My learning goal is:



name: \_\_\_\_\_





# Personal Awareness & Responsibility

## Self-Regulation

I can accept responsibility for my actions.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Self-Regulation

I can stick with it, or persevere, when I am doing something that is challenging, or that I feel I'm not good at yet.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Self-Regulation

I can set goals that I feel I am able to meet, and use a plan and strategies to help me meet my goals.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Self-Regulation

I understand that my actions can have either a positive or negative result for me and/or others.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Well-Being

I can participate in activities that support my health and happiness (or well-being).

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Well-Being

I can use some strategies to help me feel calm when I feel emotions like being upset, worried, nervous, frustrated...

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Personal Awareness & Responsibility

## Well-Being

I can make positive choices that will help keep me safe, including when I'm online.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Social Responsibility

## Contributing to Community and Caring for the Environment

Here is my example:

My learning goal is:

I can be part  
of a group.



name: \_\_\_\_\_





# Social Responsibility

## Contributing to Community and Caring for the Environment

Here is my example:

My learning goal is:

I can talk and work respectfully with my friends, classmates and others.



name: \_\_\_\_\_



# Social Responsibility

## Contributing to Community and Caring for the Environment

I can participate in classroom and group activities to make my classroom, school, community or natural world a better place.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Social Responsibility

## Contributing to Community and Caring for the Environment

I can treat the environment with care and respect.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Social Responsibility

## Solving Problems in Peaceful Ways

Here is my example:

My learning goal is:

I can solve some problems myself and can identify when to ask for help.



name: \_\_\_\_\_



# Social Responsibility

## Solving Problems in Peaceful Ways

I can consider other people's ideas and points of view. I can express a different opinion in a polite and respectful way.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Social Responsibility

## Solving Problems in Peaceful Ways

I can identify problems and work on some problem-solving strategies with others.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Social Responsibility

## Valuing Diversity

**I can demonstrate respectful and inclusive behaviour, including when I'm online.**

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Social Responsibility

## Valuing Diversity

I can explain  
when something  
is unfair to me  
or others.

Here is my example:

My learning goal is:



name: \_\_\_\_\_





# Social Responsibility

## Valuing Diversity

I can advocate  
for others.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Social Responsibility Building Relationships

I can be part  
of a group.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Social Responsibility Building Relationships

I am kind and cooperative when I work and play with others.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Social Responsibility Building Relationships

I can build  
positive  
relationships  
with others.

Here is my example:

My learning goal is:



name: \_\_\_\_\_



# Social Responsibility Building Relationships

Here is my example:

My learning goal is:

I know when  
other people  
need some help.  
I give help when  
it is needed.



name: \_\_\_\_\_



# Social Responsibility Building Relationships

I try to understand how other people feel. I can take steps to help everyone to feel included.

Here is my example:

My learning goal is:



name: \_\_\_\_\_