

# The Core Competencies: A Student Self Assessment

TERM 1		TERM 2		TERM 3	
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Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_ IEP  AB/ED



## COMPETENCIES

The intellectual, personal, and social & emotional proficiencies that all students develop over a lifetime.

A star means this is an area I feel strong in. A circle means it's an area I want to work on.

<p><b>C COMMUNICATION</b></p> <p><b>Communication</b></p> <ul style="list-style-type: none"> <li>• Connect and engage with others</li> <li>• Acquire, interpret, and present information</li> <li>• Collaborate to plan, carry out, and review</li> <li>• Explain/recount and reflect</li> </ul>	<p><b>C</b> I SHOW MY COMMUNICATION SKILLS WHEN...</p>
<p><b>T THINKING</b></p> <p><b>Creative Thinking and Innovation</b></p> <ul style="list-style-type: none"> <li>• Novelty and value</li> <li>• Generating ideas</li> <li>• Developing ideas</li> </ul> <p><b>Critical Thinking</b></p> <ul style="list-style-type: none"> <li>• Analyze and critique</li> <li>• Question and investigate</li> <li>• Develop and design</li> </ul>	<p><b>T</b> I SHOW MY THINKING WHEN ...</p>
<p><b>PS PERSONAL &amp; SOCIAL</b></p> <p><b>Positive Personal &amp; Cultural Identity</b></p> <ul style="list-style-type: none"> <li>• Relationships and Cultural Contexts</li> <li>• Personal values and choices</li> <li>• Personal strengths and abilities</li> </ul> <p><b>Personal Awareness &amp; Responsibility</b></p> <ul style="list-style-type: none"> <li>• Self-determination</li> <li>• Self-regulation</li> <li>• Well-being</li> </ul> <p><b>Social Responsibility</b></p> <ul style="list-style-type: none"> <li>• Contributing to community and caring for the environment</li> <li>• Solving problems in peaceful ways</li> <li>• Valuing diversity</li> <li>• Building relationships</li> </ul>	<p><b>PS</b> I SHOW HOW I TAKE CARE OF MYSELF BY...</p> <p><b>PS</b> I SHOW HOW I TAKE CARE OF OTHERS BY...</p>

