



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!



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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

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Competency Reflection #2 – Personal Awareness and Responsibility

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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**
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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

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Competency Reflection #3 – Critical Thinking

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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**
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CREATIVE THINKING



Novelty and value:

- ☐ I get ideas when I play. My ideas are fun for me and make me happy
- ☐ I can get new ideas or build on other people's ideas, to create new things within the constraints of a form, a problem, or materials
- ☐ I generate new ideas as I pursue my interests
- ☐ I get ideas that are new to my peers
- ☐ I can develop a body of creative work over time in an area I'm interested in or passionate about

Generating Ideas:

- ☐ I get ideas when I use my senses to explore
- ☐ I build on others' ideas and add new ideas of my own, or combine other people's ideas in new ways to create new things or solve straightforward problems
- ☐ I deliberately learn a lot about something (e.g. by doing research, talking to others or practicing) so that I am able to generate new ideas or ideas just pop into my head
- ☐ I have deliberate strategies for quieting my conscious mind (e.g. walking away for a while, doing something relaxing, being deliberately playful) so that I can be more creative
- ☐ I have interests and passions that I pursue over time

Developing Ideas:

- ☐ I make my ideas work or I change what I am doing
- ☐ I can usually make my ideas work within the constraints of a given form, problem, and materials if I keep playing with them
- ☐ I build the skills I need to make my ideas work, and usually succeed, even if it takes a few tries
- ☐ I use my experiences with various steps and attempts to direct my future work
- ☐ I can persevere over years if necessary to develop my ideas. I expect ambiguity, failure, and setbacks, and use them to advance my thinking

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Competency Reflection #4 – Creative 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 #4**
8. Add a description: **Core Competency – Creative Thinking**
9. Your post will now appear in your current grade portfolio in its’ own box – well done!