

Core Competencies STUDENT Self-Assessment

Student full name _____

PART 1) For each of the 'I can' statements below, please have your child self-assess using the following scale: 1 = Wondering, 2 = Exploring, 3 = Understanding, 4 = Applying.

- Wondering: *I am curious about this competency and imagining ways to explore it in the future.*
 Exploring: *I make effort in this area and have begun to demonstrate my learning.*
 Understanding: *I am connecting more to this competency and seeing ways that it impacts my life.*
 Applying: *I am seeing how my learning in this area impacts the wider world and other people, and am expanding on my learning in this area.*

	Term 1	Term 3
Communication		
I can share ideas, information, and experiences.		
I can take on responsibilities in a group.		
I can represent my learning.		
Critical Thinking		
I can ask questions.		
I can reflect on my thinking and actions.		
I can experiment with different ways of doing things.		
Creative Thinking		
I can generate new ideas.		
I can create new things.		
I can seek out challenges and solve problems.		
Positive Personal & Cultural Identity		
I can describe my family and community.		
I can understand how my values shape my choices.		
I can identify my strengths and skills.		
Personal Awareness and Responsibility		
I can imagine changes in myself and in the world.		
I can use strategies that help me manage my feelings and emotions.		
I can sustain a healthy and balanced lifestyle.		
Social Responsibility		
I can identify how my actions affect others.		
I can identify problems and compare problem-solving strategies.		
I can support others when they need it.		

PART 2) Please have your child choose 1-3 'I can' statements to focus on this year. Have them complete the following sentences for each statement of focus:

a) How are you already using this 'I can' competency in your life?
I notice that I am already ...

b) How would you like to grow or improve this competency this year?
I'd like to get better at ...

➤ **Winter Reflection Guiding Questions:** *What are you noticing now? Is anything changing for you in this area? Is anything challenging you in this area? Do you have any new goals in this area?*

➤ **Spring Reflection:** Please review the fall and winter Core Competency reflections above and complete the self-assessment table below. Then, provide an example of learning related to your competency area.

	Yes	Not sure	No
<i>I am able to identify my own strengths.</i>			
<i>I am able to set realistic and achievable goals for myself.</i>			
<i>I am able to assess my progress towards my goals.</i>			
<i>I am able to reflect and show my learning.</i>			

3) Please share an example of how you have developed your competency this year. This can be a few sentences, a photograph, a drawing, a story, or anything that you feel shows how you have grown.