CORE COMPETENCIES
Student Self-Reflection

COMPETENCY	WHAT I CAN DO	1 Not yet	2 Some-times	3 Mostly	4 Always
Communication	I can *connect* and *engage* with others I can *acquire, interpret*, and *present* information I can <u>collaborate</u> to *plan, carry-out*, and *review* I can *explain, review*, and *reflect*				
Creative & Critical Thinking	I can *value, generate*, and *develop* ideas				
	I can *analyse* and *critique* I can *question* and *investigate* I can *develop* and *design*				
Personal and Cultural Identity **Personal Awareness and Responsibility**	I can understand *relationships* and *cultural* contexts I can define my *personal values* and *choices* I can acknowledge my *strengths* and *abilities*				
	I can demonstrate *self-determination* I can demonstrate *self-regulation* I can take responsibility for my *personal well-being*				
Social Responsibility	I can contribute to the *community* and the *environment* I can *persevere* through challenges I can *solve problems* in peaceful ways I can *value diversity* I can *build relationships*				

's Reflections

	Yes	Sometimes	Not yet
I listen with my whole body (calm, focused and respectful)			
I use calm down tools and strategies to calm my body and mind			
I am part of the group plan (staying on task, contributing and participating)			
I keep my body safe at school (with peers and on own)			
I use my ideas to create			
I share something that I have learned			
I share about my hobbies and interests			
I have a special gift: _____ says his gift is getting better at hands to self			
I work and play well with my friends			
I am kind to others			
I notice when I have made a good choice			
I use 'I-messages' to let others know how I am feeling			
I take a deep breath when I am feeling frustrated to refocus			
I follow my goal to improve my work			
I keep trying when something is tricky for me			
I share with an audience (partner, peers, buddies, larger audience)			