

Core Competencies: Self-Assessment (Grades 4-9)

| | Online | | Name: | |
|-----------|---|-----------|---|--|
| | Offille | Date: | | |
| Posi | itive Personal and Cultural Identity7 | This yea | ar: | |
| | I discovered that I am unique because | | | |
| | I learned that some of my strengths are | | | |
| | I learned that some of my challenges are | | | |
| | I learned that these are some things my family and I value | | | |
| | I was open-minded to the uniqueness of others. | | | |
| Soci | ial ResponsibilityThis year: | | | |
| | I solved problems and asked for help when I needed it. | | I collaborated and worked well with others. I was a kind and caring friend. | |
| | I made my home a better place by | | | |
| | I made my community a better place by | | | |
| | | | ····· | |
| | sonal Awareness and Responsibility | | | |
| | I set goals and worked to achieve them. | | I regulated my behaviour. | |
| | I worked to the best of my ability. I reflected on my emotions to better understand them. | | I took responsibility for my actions. I lived a healthy lifestyle through exercise and good eating habits. | |
| Com | munication—— <i>This year</i> : | | | |
| | I was a communicator. Here are some ways I comm | nunicated | my learning: | |
| | I listened carefully to others share their thoughts and ideas. | | | |
| Criti | ical ThinkingThis year: | | | |
| | I was an inquirer: I asked lots of questions! | П | I shared my thoughts and ideas with others. | |
| | I was a thinker: I came up with different | | I listened to other perspectives. | |
| | solutions to problems. | _ | Thotoriod to other peroposition. | |
| | Here are some connections between what I learned | in my stu | udies and in my life: | |
| | | | | |
| Grea — | ative ThinkingThis year: | | | |
| | I was a creator. I expressed myself through I was a risk-taker when I | | | |
| | I have many interests and passions, including | | | |
| | I follow my interests and passions by | | | |

I thank you, Lord, for I am fearfully and wonderfully made! Please help me now to set a goal so as to develop in your image this coming year.

Next step— from the above reflection develop one goal for the coming year that either builds on current strengths or addresses an area in which you are challenged...



Next year, you can continue with this reflection by noting areas of growth over the year, then set new ones as appropriate—and continue growing in preparation for the amazing life God has for you \odot