**Communication Core Competency Self-Reflection**

The Communication Core Competency looks at these **facets**:

* Connecting and engaging with others *1C*
* Contribute to collective work and collaborate both as a member of a group and with other groups *2C*
* Supporting group interactions *3C*
* Adjusting communications to match the intent and purpose of the situation *4C*
* Communicating information through reading, listening and viewing, and presenting information back, in multiple formats and for multiple different audiences *5C*
* Contributing and actively helping the common purposes and goals of groups *6C*

### For your *Communication* Core Competency Reflection:

1. **Example/ Scenario/ Artifact:** Think of an artifact you might have created, example or scenario (in or out of school), that relates to some aspect of the **facets** above.
2. **Self-Reflection**: Describe the artifact, example or scenario that you have chosen. Think about this example/artifact and reflect on *how* and *why* it demonstrates your strengths or something that you are proud of.
3. **Goal Setting:** Thinking of the **facets** above, or about the example you gave in your self-reflection, create a goal to work towards. This goal will outline how you might do things differently, improve on what you already did, or challenge yourself to go out of your comfort zone.
4. **Evidence:** If your evidence is an example or scenario, be sure to describe on the next page. If you are choosing an artifact, please have it ready to include with this self-reflection.

Name: Block/Class: Date: Semester:

\*\*Students – please remember you only need to complete for ONE Core Competency – Communication, Thinking, OR Personal and Social

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| **Communication Core Competency Self-Reflection and Goal Setting*** Connecting and engaging with others
* Contribute to collective work and collaborate both as a member of a group and with other groups
* Supporting group interactions
* Adjusting communications to match the intent and purpose of the situation
* Communicating information through reading, listening and viewing, and presenting information back, in multiple formats and for multiple different audiences
* Contributing and actively helping the common purposes and goals of groups
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| Description of Example/ Scenario/ OR I have attached my artifact (or a picture of it)Examples“I collaborated on a group project or presentation where each member was responsible for sharing ideas” “I was put in a group with people I don’t typically collaborate with”  |  |
| My self-reflection…Examples“I worked really hard on not interrupting my other group members when we all share. Normally I get frustrated at …” “I was reluctant to join and work with a group that I don’t normally hang out with. When I joined the group, I focused on being helpful and respectful with my questions …” |  |
| My goal I will be working towards…Examples“I’m going to continue to practice not interrupting others or letting others also answer questions or share ideas …”“My goal is to push myself to join other groups that I’m usually too shy to join …”  |  |

**Thinking Core Competency Self-Reflection**

The Thinking Core Competency looks at these **facets**:

* Creating new ideas and innovating new ways (these might simply be new to you). *1T*
* Exploring existing ideas or passions. *2T*
* Design and develop ideas in response to problems, events, issues and needs, adjusting along the way in response to feedback. *3T*
* Analyzing and critically examining thoughts, approaches, products or ideas. *4T*
* Questioning and investigating the information that is presented, rather than accepting it as it is. *5T*
* Reflecting, assessing and evaluating the creative ideas, then choosing and acting on directions. Persisting with the directions and ideas even through setbacks or failures. *6T*
* After reflection, determine how your original goals have been met, and then set new ones. *7T*

### For your *Thinking* Core Competency Reflection:

1. **Example/ Scenario/ Artifact:** Think of an artifact you might have created, example or scenario (in or out of school), that relates to some aspect of the **facets** above.
2. **Self-Reflection**: Describe the artifact, example or scenario that you have chosen. Think about this example/artifact and reflect on *how* and *why* it demonstrates your strengths or something that you are proud of.
3. **Goal Setting:** Thinking of the **facets** above, or about the example you gave in your self-reflection, create a goal to work towards. This goal will outline how you might do things differently, improve on what you already did, or challenge yourself to go out of your comfort zone.
4. **Evidence:** If your evidence is an example or scenario, be sure to describe on the next page. If you are choosing an artifact, please have it ready to include with this self-reflection.

Name: Block/Class: Date: Semester:

\*\*Students – please remember you only need to complete for ONE Core Competency – Communication, Thinking, OR Personal and Social

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| **Thinking Core Competency Self-Reflection and Goal Setting*** Creating new ideas and innovating new ways (these might simply be new to you).
* Exploring existing ideas or passions.
* Design and develop ideas in response to problems, events, issues and needs, adjusting along the way in response to feedback.
* Analyzing and critically examining thoughts, approaches, products or ideas.
* Questioning and investigating the information that is presented, rather than accepting it as it is.
* Reflecting, assessing and evaluating the creative ideas, then choosing and acting on directions. Persisting with the directions and ideas even through setbacks or failures.
* After reflection, determine how your original goals have been met, and then set new ones.
 |
| Description of Example/ Scenario/ OR I have attached my artifact (or a picture of it)Examples“I discovered a different way to solve radical equations” (Creating new ideas and innovating new ways) “It’s time for me to choose my electives for next year” (Exploring existing ideas or passions.)  |  |
| My self-reflection…Examples“I have been learning about radical equations and was trying new things, and realized that …”“I have always taken a Foods elective, every year since Grade 9. But for next year I am going to try something really different, because …” |  |
| My goal I will be working towards…Examples “I’m going to show my friends my new way to solve, and maybe next time …”“Next year I think I’ll also plan to take another elective that’s different from what I normally do.” |  |

**Personal and Social Core Competency Self-Reflection**

The Personal and Social Core Competency looks at these **facets**:

* Expressing your needs, self-advocating, and seeking help when you need it. *1PS*
* Becoming aware of what triggers your emotions, taking ownership of your actions, and persevering when things get challenging. *2PS*
* Caring for your physical and mental health and well-being. Making smart and safe choices, both online and in your community. *3PS*
* Considering how your ethnicity, nationality, language(s), strengths and abilities, gender identity, age, community and religious/spiritual beliefs shape you and your relationship to the world. *4PS*
* Examining your values and recognizing how they are influenced and shaped by your life experiences and choices. *5PS*
* Recognizing and acknowledging your strengths and abilities, and how these contribute to your family, relationships and society. *6PS*
* Building positive relationships with peers and others of all ages and backgrounds. Being respectful, and considerate in both words and actions to support and care for these relationships. *7PS*
* Taking responsibility for your social, physical and natural environment. Being aware of the impact(s) of your decisions and actions. *8PS*
* Employing strategies to solve problems and having respectful communication, while valuing different perspectives. *9PS*
* Valuing diversity in others and fostering inclusive relationships, groups and communities. *10PS*

### For your *Personal and Social* Core Competency Reflection:

1. **Example/ Scenario/ Artifact:** Think of an artifact you might have created, example or scenario (in or out of school), that relates to some aspect of the **facets** above.
2. **Self-Reflection**: Describe the artifact, example or scenario that you have chosen. Think about this example/artifact and reflect on *how* and *why* it demonstrates your strengths or something that you are proud of.
3. **Goal Setting:** Thinking of the **facets** above, or about the example you gave in your self-reflection, create a goal to work towards. This goal will outline how you might do things differently, improve on what you already did, or challenge yourself to go out of your comfort zone.
4. **Evidence:** If your evidence is an example or scenario, be sure to describe on the next page. If you are choosing an artifact, please have it ready to include with this self-reflection.

Name: Block/Class: Date: Semester:

\*\*Students – please remember you only need to complete for ONE Core Competency – Communication, Thinking, OR Personal and Social

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| **Personal & Social Core Competency Self-Reflection and Goal Setting*** Expressing your needs, self-advocating, and seeking help when you need it.
* Becoming aware of what triggers your emotions, taking ownership of your actions, and persevering when things get challenging.
* Caring for your physical and mental health and well-being. Making smart and safe choices, both online and in your community.
* Considering how your ethnicity, nationality, language(s), strengths and abilities, gender identity, age, community and religious/spiritual beliefs shape you and your relationship to the world.
* Examining your values and recognizing how they are influenced and shaped by your life experiences and choices.
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| Description of Example/ Scenario/ OR I have attached my artifact (or a picture of it)Examples“I have a learning disability in writing and need more help.”“I have been getting really frustrated in PE class.”  |  |
| My self-reflection…Examples“I have a learning disability that makes it hard for me to write my answers.”“I have been getting frustrated because I feel like I’m not as good of an athlete as I used to be.” |  |
| My goal I will be working towards…Examples“I need to make sure that I’m asking for help and telling people that I’m struggling.”“I’m going to make sure I’m trying my best in class and taking care of my physical and mental health.” |  |