



Core Competencies Self-Assessment



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Introduction:

Discuss (in a minimum of four to five sentences) the ways you improved, as a learner, over the course of your grade nine year. Refer to one or more of the core competencies and ensure that you bold them in your response.

Grade 9 was a sure year for improvement. A brand-new school and going into high school was a big change for me and I've improved substantially over the year in **Communication**. I've improved in oral and written communication. In French, we've been showing our learning of the language by creating mini skits that we then present to the class. In English, we've been also doing oral presentations like the Pecha Kucha and Shakespeare play. Also, in English, I've improved on writing substantially as I've grown from a C+ to a B over only half of the semester.



Communication

- Sharing ideas and showing your learning
- Learning new programs and apps



Critical Thinking

- Making reasoned and ethical judgements
- Assessing sources of information

Creative Thinking

- Creating new ideas, inventions, pieces of art, or other creative artifacts



Positive Personal and Cultural Identity

- Learning about yourself, your family, your culture or heritage

Personal Awareness and Responsibility

- Managing stress / Regulating emotions
- Setting goals
- Organizing your life
- Staying healthy and active
- Respecting your own rights and the rights of others

Social Responsibility

- Contributing to the well-being of your family, community, society, or environment
- Understanding other people's perspectives
- Creating and maintaining healthy relationships

Evidence:

Select one or more assignments from your blog – where you should already have added a reflection based around the core competencies – and complete the questions below. You can copy and paste content from your blog.

Assignment Name: Wood Bug Lab Assignment

Description of the Assignment:

We had to come up with an experiment having to do with wood bugs and write and prove our hypothesis. Adib, Andy, and I created an experiment that measured the activity of the wood bugs in different environments inside a metal tray. We proved our hypothesis with evidence.

Core Competency Reflection:

My wood bug lab was a very fun and interesting project. It demonstrated my **critical thinking** by creating a hypothesis about the wood bugs. I also really excelled at designing and formatting the report to **communicate** our hypothesis clearly and effectively. I think we did a very thorough investigation. The testing methodology was not as good. If we had a better plan to contain the wood bug in our experiment, our results would most likely be more accurate.