



MSS

GOAL SETTING

& CORE COMPETENCIES



**Personal & Social
Responsibility**



ROADRUNNER PRIDE

As Roadrunners we show . . .

RESPECT

- ✓ By respecting the individuality of others
- ✓ By respecting the environment of our school
- ✓ By making decisions that benefit our bodies, health and self-esteem

RESPONSIBILITY

- ✓ By taking pride in our school
- ✓ By valuing and making the most of our education
- ✓ By being true to ourselves and others

SAFETY

- ✓ By thinking before we act
- ✓ By acting in a mature manner in the hallway
- ✓ By creating an accepting and welcoming school environment



Have a discussion to
decide a class goal related
to ROADRUNNER PRIDE.



What is Personal
Awareness &
Responsibility?
Let's Brainstorm!



- Personal Awareness and Responsibility involves recognizing the link between individual and social behavior, promoting ethical decision-making and constructive actions.

- Individuals who show self-awareness and responsibility demonstrate self-respect, persevere through challenges, and recognize the consequences of their decisions and actions.

- A responsible individual ensures their well-being by setting goals, monitoring progress, regulating emotions, managing stress, and advocating for their rights.

WHERE DO YOU SEE YOURSELF IN THESE PROFILES?

- Highlight the bullet points that sound like things you can do.



Personal Awareness & Responsibility Profiles	
PROFILE SIX	I can identify my strengths and limits, find internal motivation, and act on opportunities for self-growth. I take responsibility for making ethical decisions. <ul style="list-style-type: none">• I am aware of my personal journey and reflect on my experiences as a way of enhancing my well-being and dealing with challenges.• I can advocate for myself in stressful situations.• I can take the initiative to inform myself about controversial issues and take ethical positions.• I take ownership of my goals, learning, and behaviour.• I act on what is best, over time, in terms of my goals and aspirations.• I recognize the implications of my choices and consult with others who may be affected by my decisions.• I can identify my potential as a leader in the communities I belong to.• I sustain a healthy and balanced lifestyle.
PROFILE FIVE	I recognize my value and advocate for my rights. I take responsibility for my choices, my actions, and my achievements. <ul style="list-style-type: none">• I have valuable ideas to share.• I am willing to explore controversial issues, and I can imagine and work toward change in myself and in the world.• I can set priorities; implement, monitor, and adjust a plan; and assess the results.• I take responsibility for my learning, seeking help as I need it.• I use strategies for working toward a healthy and balanced lifestyle, for dealing with emotional challenges, and for finding peace in stressful times.• I know how to find the social support I need.
PROFILE FOUR	I can recognize my strengths and take responsibility for using strategies to focus, manage stress, and accomplish my goals. <ul style="list-style-type: none">• I advocate for myself and my ideas; I accept myself.• I am willing to engage with ideas or information that is challenging for me.• I can be focused and determined.• I can set realistic goals, use strategies to accomplish them, and persevere with challenging tasks.• I can tell when I am becoming angry, upset, or frustrated, and I have strategies to calm myself.• I can make choices that benefit my well-being and keep me safe in the communities I belong to.
PROFILE THREE	I can make choices that help me meet my wants and needs and increase my feelings of well-being. I take responsibility for my actions. <ul style="list-style-type: none">• I can take action toward meeting my own wants and needs and finding joy and satisfaction, and work toward a goal or solving a problem.• I can use strategies that increase my feeling of well-being and help me manage my feelings and emotions.• I can connect my actions with both positive and negative consequences and try to make adjustments; I accept feedback.• I make decisions about my activities and take some responsibility for my physical and emotional well-being.
PROFILE TWO	I can initiate actions that bring me joy and satisfaction and recognize that I play a role in my well-being. <ul style="list-style-type: none">• I can seek out experiences that make me feel happy and proud.• I can express my wants and needs and celebrate my efforts and accomplishments.• I have some strategies that help me recognize and manage my feelings and emotions.• I recognize and can explain my role in learning activities and explorations, and I can give some evidence of my learning.• I can describe how some specific choices can affect my well-being and participate in activities that support my well-being.
PROFILE ONE	I can show a sense of accomplishment and joy. <ul style="list-style-type: none">• I can express some wants, needs, and preferences.• I can sometimes recognize my emotions.

**HIGHLIGHT
THE BULLET
POINTS THAT
SOUND LIKE
THINGS YOU
CAN DO.**

**WHAT PROFILE DO
YOU FIT INTO
OVERALL?**



I am capable of...

I can seek out experiences that make me feel happy and proud (Profile 2).

I know this because...

this summer I learned how to kayak, and I practiced to improve.



My next steps are...

Sometimes I struggle to manage my stress or frustration so...

I can use strategies that increase my feeling of well-being and help me manage my feelings and emotions.
(from Profile 3)

To reach my goals I will...

Keep a schedule so that I don't get overwhelmed

Use my planner to keep track of important due dates

Find relaxation techniques that help me calm down in the moment.


Complete the handout!

Personal & Social Responsibility Goal Setting

Profile #

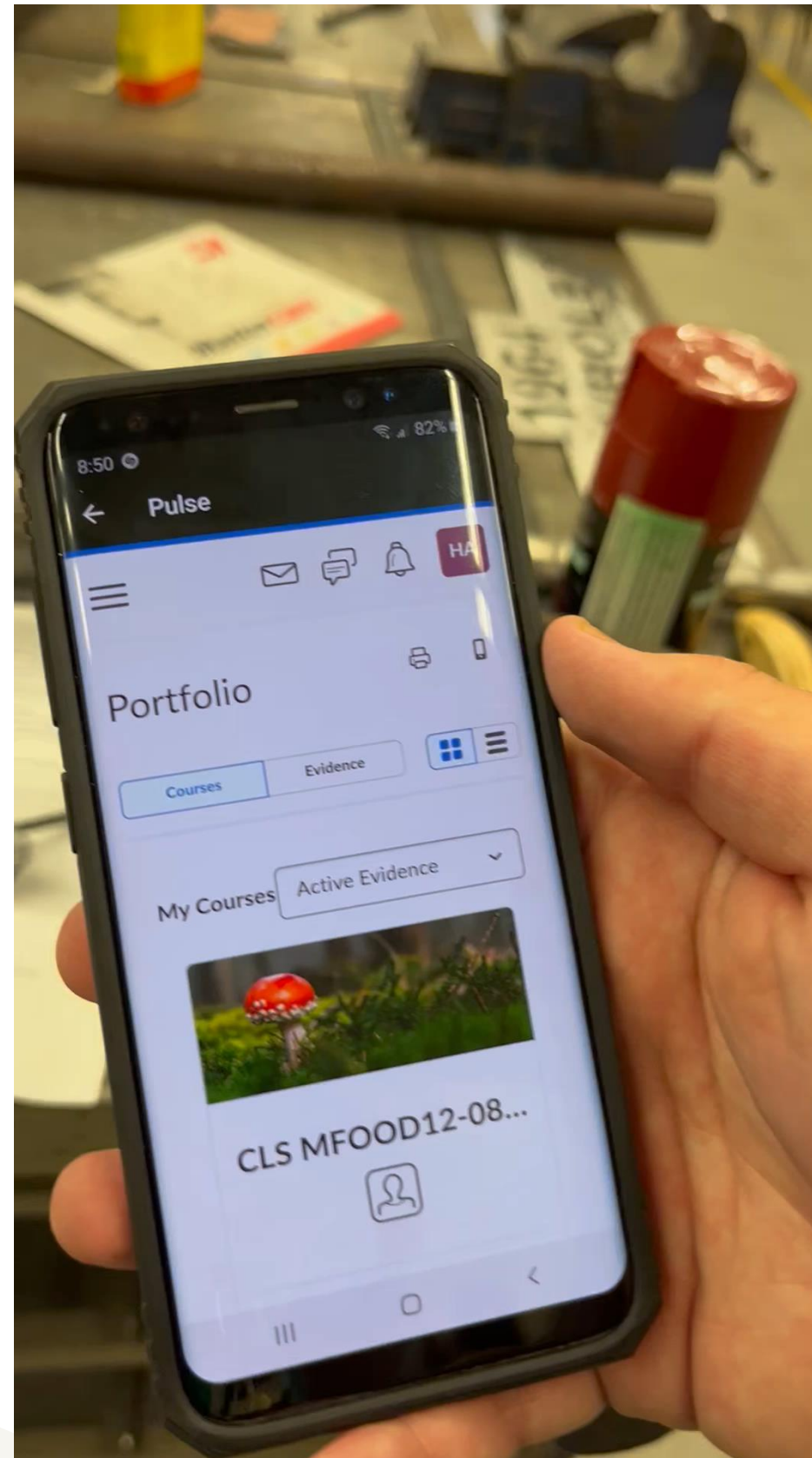
Use the Profiles to help determine the one that best fits you. Write your current profile (1-6) in the box on the right. Use evidence from your experiences to fill out the organizer below.

1. I AM CAPABLE OF...	2. I KNOW THIS BECAUSE...
4. TO REACH MY GOALS I WILL... (3 planned actions to complete my goals)	3. MY NEXT STEPS ARE... (2 statements from the next level)





UPLOAD TO YOUR
BRIGHTSPACE
PORTFOLIO



**Please watch
the video for
information
on how
students can
upload to
their
Brightspace
Portfolio.**