



Core Competencies



First Name: _____ Last Name: _____

Think back to the first term of your GRADE 9 year. CHOOSE **ONE COURSE & CHECK OFF** WHAT SKILLS YOU HAVE HAD A CHANCE TO PRACTICE.

THE COURSE I HAVE CHOSEN IS: _____

Communication	Thinking	Personal and Social
I can...		
Gather/sort/share information from different sources	Break down and analyze problems	Care for others and show respect for differences
Respect other opinions and disagree respectfully	Learn from my own mistakes	Identify my strengths and weaknesses
Share ideas by writing, speaking or using pictures	Collect facts and evidence to answer a problem	Help the community
Reflect and share my learning with other students/adults	Ask questions about things of interest to me	Live a healthy and balanced lifestyle
Use social media in a safe and respectful way	Create solutions to a complex problems or situations	Work with others
Provide a meaningful response to my peers and adults	Search for other possibilities or answers	Be proud of who I am
Give, receive and act on feedback	Generate new ideas or build on others ideas	Withstand and recover from stressful situations
Explain something I learned	Reflect and evaluate my thinking	Take actions to support the environment

From the categories of the core competencies (**Communication, Thinking, Personal and Social**), choose **one** that you demonstrate well and can provide supported evidence for. Refer to the class you have chosen.

The **competency** that I demonstrate well is _____

Please provide evidence from the one class you have chosen.



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From the list of core competencies on page one, choose **one** competency that you would like to develop more.

The ***competency*** that I would like to develop more is _____.

My Development Plan:

Who will be your support network as you continue to develop your Core Competencies?