



CRITICAL THINKING



_____ 's PERSONAL REFLECTION

COMPETENCY

From the previous list of statements, select **one** that you rated yourself highly on (a 4 or a 5). Write it in the space below. This is a **competency** that you have developed.

My chosen competency is:

EVIDENCE OF YOUR COMPETENCY

Evidence is providing a **specific** example of **HOW** you have used your chosen competency (for example, in a particular project, situation, or experience). This competency can be one that you have developed inside or outside of school. In the space provided below, write evidence of your competency.

Evidence of my competency:

COMPETENCY THAT NEEDS DEVELOPMENT

From the list of statements, select one where you gave yourself a low rating (a 1 or a 2). Write the statement in the space below. This is a **competency** that you could develop more.

A competency that needs development is:

WAYS TO DEVELOP COMPETENCY

Think of three ways you could improve your competency that needs development. Please be specific.

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