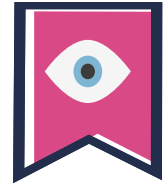


PERSONAL AWARENESS & RESPONSIBILITY



Name (First & Last):

Student #:

HR:

Read the following statements. Reflecting on each statement, circle the number that matches your level of ability.

1 - Never

2- Rarely

3- Sometimes

4- Often

5 - Always

SELF-DETERMINATION

I can identify criteria that I can use to analyze evidence.

1 2 3 4 5

I can show if I like something or not.

1 2 3 4 5

I can analyze evidence from different perspectives.

1 2 3 4 5

I can reflect on and evaluate my thinking, products, and actions.

1 2 3 4 5

I can analyze my own assumptions and beliefs and consider views that do not fit with them.

1 2 3 4 5

SELF-REGULATION

I can sometimes recognize emotions.

1 2 3 4 5

I can use strategies that help me manage my feelings and emotions.

1 2 3 4 5

I can implement, monitor, and adjust a plan and assess the results.

1 2 3 4 5

I can persevere with challenging tasks.

1 2 3 4 5

I can take ownership of my goals, learning, and behaviour.

1 2 3 4 5

WELL-BEING

I can participate in activities that support my well-being, and tell/show how they help me.

1 2 3 4 5

I can take some responsibility for my physical and emotional well-being.

1 2 3 4 5

I can make choices that benefit my well-being and keep me safe in my community, including my online interactions.

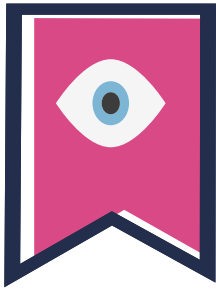
1 2 3 4 5

I can use strategies to find peace in stressful times.

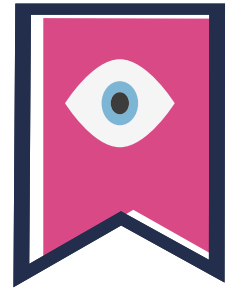
1 2 3 4 5

I can sustain a healthy and balanced lifestyle.

1 2 3 4 5



PERSONAL AWARENESS & RESPONSIBILITY



_____ '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.

- *
- *
- *

