



POSITIVE PERSONAL & CULTURAL IDENTITY



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

RELATIONSHIPS & CULTURAL CONTEXTS

I can describe my family and community.

1 2 3 4 5

I am able to identify the different groups that I belong to.

1 2 3 4 5

I understand that my identity is made up of many interconnected aspects (such as life experiences, family history, heritage, peer groups).

1 2 3 4 5

I understand that learning is continuous and my concept of self and identity will continue to evolve.

1 2 3 4 5

PERSONAL VALUES & CHOICES

I can tell what is important to me.

1 2 3 4 5

I can explain what my values are and how they affect choices I make.

1 2 3 4 5

I can tell how some important aspects of my life have influenced my values.

1 2 3 4 5

I understand how my values shape my choices.

1 2 3 4 5

PERSONAL STRENGTHS & ABILITIES

I can identify my individual characteristics

1 2 3 4 5

I can describe/express my attributes, characteristics, and skills.

1 2 3 4 5

I can reflect on my strengths and identify my potential as a leader in my community

1 2 3 4 5

I understand I will continue to develop new abilities and strengths to help me meet new challenges.

1 2 3 4 5



POSITIVE PERSONAL & CULTURAL IDENTITY



_____ '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.

- *
- *
- *

