



COMMUNICATION



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

CONNECT & ENGAGE WITH OTHERS

I ask and respond to simple, direct questions.

1 2 3 4 5

I am an active listener; I support and encourage the person speaking.

1 2 3 4 5

I recognize that there are different points-of-view and I can disagree respectfully.

1 2 3 4 5

ACQUIRE, INTERPRET & PRESENT INFORMATION

I can understand and share information about a topic that is important to me.

1 2 3 4 5

I can ask open-ended questions and gather information.

1 2 3 4 5

I can consider more than one way to proceed in an investigation.

1 2 3 4 5

I can evaluate the credibility of sources of information.

1 2 3 4 5

I can tell the difference between facts and interpretations, opinions, or judgments.

1 2 3 4 5

COLLABORATE TO PLAN, CARRY OUT, & REVIEW CONSTRUCTIONS & ACTIVITIES

I can experiment with different ways of doing things.

1 2 3 4 5

I can take on roles and responsibilities in a group.

1 2 3 4 5

I can summarize key ideas and identify the ways we agree (commonalities).

1 2 3 4 5

EXPLAIN/RECOUNT & REFLECT ON EXPERIENCES & ACCOMPLISHMENTS

I give, receive, and act on feedback.

1 2 3 4 5

I can recount simple experiences and activities and tell something I learned.

1 2 3 4 5

I can represent my learning, and tell how it connects to my experiences and efforts.

1 2 3 4 5



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_____ '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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- *
- *

