



**BRITISH COLUMBIA**

**ADVENTIST EDUCATION**

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## SELF-ASSESSMENT OF MY CORE COMPETENCIES

Date of Issue:

Student Name	Grade	Date

The Core Competencies are sets of intellectual, personal, and emotional proficiencies that all students need in order to engage in deep, lifelong learning. They are often interconnected and are foundational to all learning. Students have completed a self-assessment of their core competency development for the 202\_-202\_ school year.

CORE COMPETENCIES			
<b>COMMUNICATION</b> Communicating & Collaborating	Getting Started	Making Progress	I've Got This!
I can connect and interact with others.			
I can express myself clearly, with a purpose.			
I can gather information I need and present it.			
I contribute during group activities.			
I cooperate with others and listen respectfully to their ideas.			
I can work with others toward a common goal.			
<b>THINKING</b> Creative, Critical & Reflective Thinking	Getting Started	Making Progress	I've Got This!
I can generate ideas to create new things or solve simple problems.			
I can use my imagination to get new ideas of my own, build on other ideas, or combine other people's ideas in new ways.			
I can usually get my ideas to work, even if it takes a few tries.			
I can ask questions, make predictions, and use my senses to gather information.			
I use observations, experience, and imagination to draw conclusions or make judgements.			
I can use simple criteria to develop a design.			
I can reflect on my work and experiences and tell others about something I learned.			
<b>PERSONAL &amp; SOCIAL</b> Awareness, Responsibility, Personal & Cultural Identity	Getting Started	Making Progress	I've Got This!
I can self-advocate by expressing my wants, needs, and preferences.			
I can self-regulate by naming my emotions and by using strategies to manage them.			
I can describe how my choices can affect my well-being and I choose			



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to participate in activities that support my physical and emotional well-being.			
<b>PERSONAL &amp; SOCIAL (cont'd...)</b> Awareness, Responsibility, Personal & Cultural Identity	Getting Started	Making Progress	I've Got This!
I can describe my family, home, and community.			
I understand that what I value can influence the choices I make.			
I can describe and demonstrate pride in my personal strengths and skills.			
I can build relationships and work and play cooperatively.			
I can help and be kind to those around me. I take care of the environment.			
I can solve problems myself and ask for help when I need it.			
I am respectful to others and make sure everyone feels included.			

## REFLECTIONS

Based on my reflections above, my areas of strengths are...
Based on my reflections above, one area I would like to work on is...
I can work on strengthening this skill by...