



BRITISH COLUMBIA

ADVENTIST EDUCATION




Journey to Excellence
FAITH • WISDOM • SERVICE

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				
COMMUNICATION Communicating & Collaborating		Getting Started	Making Progress	I've Got This!
1	I can listen to others.			
2	I can share my ideas and questions.			
3	I can work together during group activities.			
4	I can reflect on my learning.			
THINKING Critical & Creative Thinking		Getting Started	Making Progress	I've Got This!
5	I can get ideas when I explore and ask questions.			
6	I can try different ways of doing things.			
7	I can build on other ideas to create new things.			
8	I can try a new idea when something doesn't work; sometimes it takes a few tries.			
PERSONAL & SOCIAL Awareness, Responsibility, Personal & Cultural Identity		Getting Started	Making Progress	I've Got This!
9	I am kind and I can show respect, kindness, and support to others.			
10	I can solve problems in a peaceful way and ask for help when I need it.			
11	I can participate in activities to improve the classroom, school, community, or natural world.			
12	I can describe who I am and tell you my positive qualities and strengths.			
13	I can tell you about the people, places, and things that are important to me.			
14	I can describe my family and community.			
15	I can make choices that keep me happy, healthy, and safe.			
16	I can use strategies to manage my emotions.			



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