

BC Core Competencies Self-Assessment

Name:

Grade:

Year:

Personal Competency: Positive Personal Identify & Culture

	I can do this*	I want to keep working on this	This is my next step!
Relationships and Cultural Contexts			
I can describe who is in my family			
I can name all my classmates			
I can tell you at least 5 characteristics about myself			
I can identify the different groups I belong to			
I understand that I will change as I get older			
I understand that learning is continuous and my concept of self and identify will continue to evolve			

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Personal Values and Choices			
I can tell what is important to me			
I can explain what my values are and how they affect choices I make			
I can tell the difference between safe/unsafe, appropriate/inappropriate, expected/unexpected behaviours			
I understand classroom and community expectations			

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Personal Strengths and Abilities			
I can identify what I am good at			
I can say what I need to work on			
I can describe/express my thoughts and opinions			
I can be a leader in my school, at home or in my community			
I understand that I will continue to learn new things that will help me			
* My portfolio shows evidence of meeting this goal in multiple ways			

Personal Competency: Personal Awareness & Responsibility

	I can do this*	I want to keep working on this	This is my next step!
Self Determination			
I can show when I am happy (show a sense of accomplishment and joy)			
I can celebrate my efforts and accomplishments			
I can ask for help and advocate for myself and my ideas			
I can make safe choices by myself			
I can follow routines and make safe transitions from one activity to another			
I understand that learning sometimes takes more than one day			
I can imagine and work toward change in myself and the world			
I take the initiative to inform myself about controversial issues			

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Self - Regulation			
I can recognize emotions in myself and others			
I can use strategies and tools that help me manage my feelings and emotions			
I can stop and read the room before I enter			
I can persevere with challenging tasks			
I can wait my turn			
I can participate in classroom discussions			
I can ask for breaks when I need them			
I can adjust to changes in my routine			
I can maintain focus for up to 15 minutes			
I can implement, monitor and adjust a plan and assess the results			
I can take ownership of my goals, learning and behaviour			

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Well-Being			
I can participate in activities that support my well-being and tell/show how they help me			
I can take some responsibility for my physical and emotional wellbeing			
I can make decisions that benefit my well-being and keep me safe in my community, including my online interactions			
I can use strategies to find peace in stressful times			
I can sustain a healthy and balanced lifestyle			
* My portfolio shows evidence of meeting this goal in multiple ways			

Social Competency: Communication

	I can do this*	I want to keep working on this	This is my next step!
Connect and engage with others (to share and develop ideas)			
I ask and respond to simple, direct questions			
I am an active listener, I support and encourage the person speaking			
I can ask for a partner or to join play			
I can tell someone my needs (washroom, break)			
I recognize that there are different points-of-view and I can disagree respectfully			

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Acquire, interpret and present information (includes inquiries)			
I can listen to others tell me about their interests			
I can understand and share information about a topic that is important to me			
I present information clearly and in an organized way, eg: teach or show someone a book, video or website that I like and why I like it			
I can present information and ideas to an audience I may not know			

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Collaborate to plan, carry out and review constructions and activities			
I can work with others to achieve a common goal; I can do my share			
I can take on roles and responsibilities in a group			
I can summarize key ideas and identify the ways we agree			

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Explain/recount and reflect on experiences and accomplishments			
I give, receive and act on feedback			
I can recount simple experiences and activities and tell something I learned			
I can represent my learning and tell how it connects to my experiences and efforts			

*** My portfolio shows evidence of meeting this goal in multiple ways**

Social Competency: Social Responsibility

	I can do this*	I want to keep working on this	This is my next step!
Contributing to community and caring for the environment			
With some support, I can be part of a group			
I can participate in classroom and group activities and discussions			
I can identify how my actions can affect other people			
I contribute to group activities that make my classroom, school, community and world a better place			

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Solving problems in peaceful ways			
I can solve some problems myself and can identify when to ask for help			
I can use my words when upset and keep my hands and feet to myself			
I can identify problems, compare potential problem –solving strategies and choose from at least two options to calm myself			
I can clarify problems or issues, generate multiple strategies, weigh consequences, compromise to meet the needs of others and evaluate actions			

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Valuing Diversity			
With some direction, I can demonstrate respectful and inclusive behaviour			
I can explain when something is unfair			
I can advocate for others and can help someone else			
I can accept another way of doing things			

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Building Relationships			
I can be part of a group			
I am kind to others, can work or play co-operatively and can build relationships with people of my choosing - I have at least one friend			
I can identify when others need support and provide it			
I am aware of how others may feel and take steps to help them feel included			
I build and sustain positive relationships with diverse people, including people from different generations			

*** My portfolio shows evidence of meeting this goal in multiple ways**

Intellectual Competency: Creative Thinking

	I can do this*	I want to keep working on this	This is my next step!
Novelty and Value			
I get ideas when I play, my ideas are fun and make me happy			
I can get new ideas or build on other people's ideas, to create new things			
I generate new ideas as I pursue my interests and can judge which of my ideas I like best			
I get ideas that are new to my peers			
I can develop a body of creative work over time in an area that I am interested in or passionate about			

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Generating Ideas			
I get ideas when I use my sense to explore			
I build on other's ideas and add new ideas of my own			
I deliberately learn a lot about something (e.g. doing research, talking to others or practicing) so that I am able to generate new ideas or ideas just pop into my head			
I use deliberate strategies for quieting my conscious mind so that I can be creative			
I have interest and passions that I like to learn about			

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Developing Ideas			
I make my ideas work or change what I am doing			
I can usually make my ideas work within the constraints of a given form, problem and materials if I keep playing with them			
I build the skills I need to make my ideas work, and usually succeed, even if it takes a few tries			
I use my experiences to think of ideas			
I can persevere over years if necessary to develop my ideas. I can handle it when my ideas don't work.			

*** My portfolio shows evidence of meeting this goal in multiple ways**

Intellectual Competency: Critical Thinking

	I can do this*	I want to keep working on this	This is my next step!
Analyze and Critique			
I can show or tell if I like something or not			
I can tell why I like something or not			
I can analyze evidence from different perspectives by showing or telling one other perspective			
I can reflect on and evaluate my thinking, products and actions			
I can analyze my own assumptions and beliefs and consider views that do not fit with them			
I can set a learning goal to make tomorrow better			

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Question and Investigate			
I can explore materials and actions			
I can ask open-ended questions and gather information			
I can use books, materials and technology to answer who, what, when, where questions			
I can tell a classmate some of the information I found			
I can consider and more than one way to proceed in an investigation and choose			
I can evaluate the credibility of sources of information			
I can tell the difference between facts and interpretations, opinions or judgements			

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Develop and Design			
I can try different ways of doing things			
I can develop criteria for evaluating design options			
I can monitor my progress and adjust my actions to make sure I achieve what I want			
I can make choices that will help me create my intended impact on an audience or situation			

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