How do the Core Competencies Connect to Me?

C

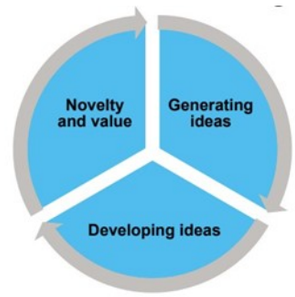
I am a communicator. I can communicate by…

- Talking about the things I've learned
- Working together with others cooperatively
- Listening to and thinking about what others say about my ideas
- Actively listening to and respecting others
- Representing my learning and telling how it connects to my experiences

T

I am a creative thinker. I can be creative by…

- Being playful and enjoying what I am doing
- Gathering ideas from others and making something new
- Working to make my ideas come to life
- Persevering to develop my ideas
- Thinking in unconventional ways (i.e. "outside the box")



T

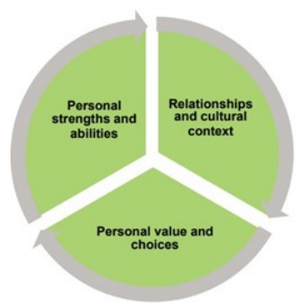
I am a critical thinker. I can think critically by…

- Observing, analyzing and critiquing information and experiences
- Watching a situation and deciding what I think
- Asking questions and exploring my options
- Experimenting when I'm trying to solve a problem
- Monitoring my progress and adjusting my actions to make sure I can achieve what I want
- Identifying, clarifying and solving problems by generating multiple strategies

PS

I am self-aware. I can be reflective by…

- Celebrating when I've done something I am proud of
- Listening to my feelings and using strategies to help me process my emotions
- Describing/expressing my attributes, characteristics, and skills
- Recognizing the things I am good at and working on things I need to improve
- Understanding how my values shape my choices in various contexts life
- Understanding that my identity is made up of many inter-connected aspects (such as life experiences, family history, heritage, and peer groups)
- Knowing that learning is continuous and my identity will continue to evolve

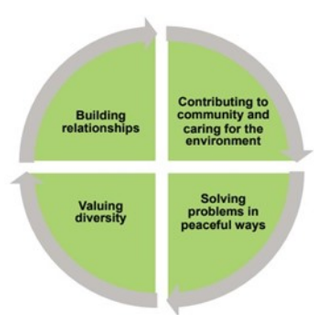


PS

I am a caring member of my community. I can make the world a better place by….

- Caring for my community and environment
- Valuing diversity
- Noticing when there is a problem and working to solve it
- Being kind and respectful to others
- Working with others to make something better

PS

I am personally and socially responsible. I can honour my roots and my community by…

- Knowing who I am and what is important to me
- Understanding my feelings
- Making good choices that demonstrate respect for myself and others
- Reflecting on my strengths
- Identifying my potential as a leader in my community
- Demonstrating respectful and inclusive behavior
- Advocating for others; identifying when others need support and providing it
- Understanding and appreciating my relationship to others through cultural contexts such as family heritage, language, sexuality, etc.
- Weighing consequences, compromising to meet the needs of others, and evaluating my actions.