**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­\_\_­­­\_\_\_\_\_ Student #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

FIRST LAST

**Career Life Connections 11 Final Self-Assessment– 2018/2019**

Example:

|  |  |  |
| --- | --- | --- |
| **Specific aspects in need of strengthening (These are examples of what I’m still working on)****Explain what aspects you struggle with and explain how you could work on it.** | **Extending** | **Specific aspects of strength (These are examples of what I am good at)****Explain what aspects you are ‘good at’ or proficient inGive an example (proof)** |
| I am not sure what my personal assessment results in MyBlueprint mean…I need to take the time to read and understand them better. |  **Personal Identity**I can identify career-life options that align with my personal identity…..*(see below for description)* | I can easily identify more than 15 personal identity aspects (ex/ Self-Representation diagram) and can identify multiple career options that are suitable for me (ex/ self-representation and reflection are strong) |
|  | **Personal Identity**I can identify career-life options that align with my personal identity (taking into consideration my passions, preferences, strengths, values, education/work opportunities, well-being)Examples of activities: Self-representation diagram and reflection, analyzing and understanding personal assessments in MyBlueprint, career fair conversations, career research, having an understanding for the factors that shape personal identity and inform career-life choices... |  |
|  | **Building Networks**I can engage in networks and reciprocal relationships to guide and broaden my career-life awareness and options.Examples of activities: Interviewing adults at the Career Fair, curating professional social media identities and usage, work experience / volunteer experiences, building relationships with peers, teachers, supervisors, colleagues, family and other acquaintances to cultivate post-graduation resources. |  |
|  | **My Influences**I can thoroughly examine and understand various external influence factors to stay in control of my career-life choices. (factors include family expectations, personal awareness, culture, religion, gender, socio-economics, roles and expectations, community needs, geographical factors, economic drivers, employment, emerging opportunities, declining occupations, specialized training requirements…)Examples of activities: My Influences reflections, ability to intentionally identify positive and discouraging messaging and their sources, media awareness, actively questioning a variety of influences when making decisions, research conducted to learn more about local opportunities & job demand… |  |
|  | **Perseverance and Grit**I can persevere over years if necessary, to develop my ideas. I expect ambiguity, failure and setbacks, and use them to advance my thinking.Examples of activities: ability to identify my strengths and weaknesses, understanding of growth mindset, developing plans to achieve goals, habitual reflection practices to learn from mistakes, ability to take risks |  |
|  | **Core Competencies**I can reflect on experiences in school and out of school, assess development in the Core Competencies, and share highlights of my learning journey.Examples of activities: Assembling a strong portfolio of examples, thoughtful and thorough reflection on examples, understanding each of the core competencies and the skills they represent, being conscious of what competencies you have strong proficiency in, and which ones you need to develop. |  |
|  | **Healthy Life Balance**I can identify and try out new strategies for personal well-being and school-life balance.Examples of activities: Understanding of “Tabula Rasa” and implementation of teachings in own life, understanding and application of other mental health strategies learnt on Mental Health day (or other), ability to define ‘fulfillment’ and recognition of the differences between people who live a fulfilling life and those highly motivated by other factors, nutrition, fitness & stress management strategies used… |  |
|  | **Mentorship**I can define “mentorship” and understand the possibilities of a mentor/mentee relationship on personal career-life opportunities.Examples of activities: Ability to explain how a mentor can play an important role in helping with career-life development, including planning, decision making, providing exposure to possibilities, and finding emerging opportunities, ability to identify various possible mentors in your life, developing a preliminary plan to access a mentor… |  |

Final comments/Feedback on CLC 11 (what went well, what you suggest we make improvements on to improve the course for next year)­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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**Submit your self-assessment to room 313** **DEADLINE: Monday, June 10, 2019**