

# Communication Core Competency Self-Reflection



The Communication Core Competency looks at these **facets**:

- Connecting and engaging with others **1C**
- Contribute to collective work and collaborate both as a member of a group and with other groups **2C**
- Supporting group interactions **3C**
- Adjusting communications to match the intent and purpose of the situation **4C**
- Communicating information through reading, listening and viewing, and presenting information back, in multiple formats and for multiple different audiences **5C**
- Contributing and actively helping the common purposes and goals of groups **6C**

## For your *Communication* Core Competency Reflection:

1. **Example/ Scenario/ Artifact:** Think of an artifact you might have created, example or scenario (in or out of school), that relates to some aspect of the **facets** above.
2. **Self-Reflection:** Describe the artifact, example or scenario that you have chosen. Think about this example/artifact and reflect on *how* and *why* it demonstrates your strengths or something that you are proud of.
3. **Goal Setting:** Thinking of the **facets** above, or about the example you gave in your self-reflection, create a goal to work towards. This goal will outline how you might do things differently, improve on what you already did, or challenge yourself to go out of your comfort zone.
4. **Evidence:** If your evidence is an example or scenario, be sure to describe on the next page. If you are choosing an artifact, please have it ready to include with this self-reflection.

Name:

Block/Class:

Date:

Semester:

**Communication Core Competency Self-Reflection and Goal Setting**

Description of  
Example/ Scenario/  
OR I have attached  
my artifact (or a  
picture of it)

My self-reflection...

My goal I will be  
working towards...

# Thinking Core Competency Self-Reflection



The Thinking Core Competency looks at these **facets**:

- Creating new ideas and innovating new ways (these might simply be new to you). *1T*
- Exploring existing ideas or passions. *2T*
- Design and develop ideas in response to problems, events, issues and needs, adjusting along the way in response to feedback. *3T*
- Analyzing and critically examining thoughts, approaches, products or ideas. *4T*
- Questioning and investigating the information that is presented, rather than accepting it as it is. *5T*
- Reflecting, assessing and evaluating the creative ideas, then choosing and acting on directions.
- Persisting with directions and ideas even through setbacks or failures. *6T*
- After reflection, determine how your original goals have been met, and then set new ones. *7T*

## For your *Thinking Core Competency Reflection*:

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**Thinking Core Competency Self-Reflection and Goal Setting**

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# Personal and Social Core Competency Self-Reflection

The Personal and Social Core Competency looks at these facets:

- Expressing your needs, self-advocating, and seeking help when you need it. *1PS*
- Becoming aware of what triggers your emotions, taking ownership of your actions, and persevering when things get challenging. *2PS*
- Caring for your physical and mental health and well-being. Making smart and safe choices, both online and in your community. *3PS*
- Considering how your ethnicity, nationality, language(s), strengths and abilities, gender identity, age, community and religious/spiritual beliefs shape you and your relationship to the world. *4PS*
- Examining your values and recognizing how they are influenced and shaped by your life experiences and choices. *5PS*
- Recognizing and acknowledging your strengths and abilities, and how these contribute to your family, relationships and society. *6PS*
- Building positive relationships with peers and others of all ages and backgrounds. Being respectful, and considerate in both words and actions to support and care for these relationships. *7PS*
- Taking responsibility for your social, physical and natural environment. Being aware of the impact(s) of your decisions and actions. *8PS*
- Employing strategies to solve problems and having respectful communication, while valuing different perspectives. *9PS*
- Valuing diversity in others and fostering inclusive relationships, groups and communities. *10PS*



## For your *Personal and Social Core Competency Reflection*:

1. **Example/ Scenario/ Artifact:** Think of an artifact you might have created, example or scenario (in or out of school), that relates to some aspect of the **facets** above.
2. **Self-Reflection:** Describe the artifact, example or scenario that you have chosen. Think about this example/artifact and reflect on *how* and *why* it demonstrates your strengths or something that you are proud of.
3. **Goal Setting:** Thinking of the **facets** above, or about the example you gave in your self-reflection, create a goal to work towards. This goal will outline how you might do things differently, improve on what you already did, or challenge yourself to go out of your comfort zone.
4. **Evidence:** If your evidence is an example or scenario, be sure to describe on the next page. If you are choosing an artifact, please have it ready to include with this self-reflection.

Name:

Block/Class:

Date:

Semester:

**Personal & Social Core Competency Self-Reflection and Goal Setting**

Description of  
Example/ Scenario/  
OR I have attached  
my artifact (or a  
picture of it)

My self-reflection...

My goal I will be  
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