

# **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.





Block/Class: Date: Semester:

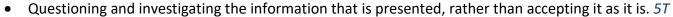
	Communication Core Competency Self-Reflection and Goal Setting
Description of Example/ Scenario/ OR I have attached my artifact (or a picture of it)	
My self-reflection	
My goal I will be working towards	



## 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



- 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. 77



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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:

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Name: Block/Class: Date: Semester:

	Personal & Social Core Competency Self-Reflection and Goal Setting
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My goal I will be working towards	