

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*

HOW TO DO THE REFLECTION

1. **Evidence:** Choose an example that demonstrates the *Communication Core Competency* you are working on this year.
 - a. CHOICE 1: Describe an **example / scenario** (in or out of school)
 - b. CHOICE 2: Choose an **artifact** you have **created** and add the file to this form.
2. **Self-Reflection:** Describe the **artifact**, or the **example** or **scenario** that you have chosen.
 - a. Think about this example/artifact and
 - b. Reflect on how and why **it demonstrates your strengths**.
3. **Next Steps:** Choose a facet that you would like **to improve**.
4. **Goal Setting:** Create a **goal** to work towards this semester.
 - a. This goal is related to the facet you would like to improve (#3 Next Steps).
 - b. This goal explains how you can:
 - i. **try new things**
 - ii. **get better** at what you already do,
 - iii. or **push yourself** beyond your comfort zone.

Name:

Block/Class:

Date:

Semester:

Communication Core Competency Self-Reflection and Goal Setting

1. Evidence

Choose an example that demonstrates the **COMMUNICATION COMPETENCIES** you are working on this year.

CHOICE 1: Describe an example/scenario (in or out of school).

CHOICE 2: Choose an artifact you have created and attach it to this document.

Example

2. Self-reflection

Describe the **artifact**, or **the example** or **scenario** that you have chosen.

Think about this example/artifact and reflect on how and why **it demonstrates your COMMUNICATION COMPETENCIES.**

3. Next Steps:

Choose a **COMMUNICATION COMPETENCY** facet that you would like **to**

<p>improve.</p>	
<p>4. Goal Setting:</p> <p>Create a goal to work towards this semester.</p> <p>This goal is related to the facet of the COMMUNICATION COMPETENCY you would like to improve (#3 Next Steps).</p> <p>This goal explains how you can try new things, get better at what you already do, or push yourself beyond your comfort zone.</p>	

Reminders:

- The goal does not need to be connected to school.
- The goal could be short or long term.
- The goal should be something that is meaningful for you to achieve.
- Note that your goal can be read by others – including your parents/caregivers and/or your teacher.

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*



HOW TO DO THE REFLECTION

1. **Evidence:** Choose an example that demonstrates the **Thinking Core Competency** you are working on this year.
 - a. CHOICE 1: Describe an **example / scenario** (in or out of school)
 - b. CHOICE 2: Choose an **artifact** you have **created** and add the file to this form.
2. **Self-Reflection:** Describe the **artifact**, or **the example** or **scenario** that you have chosen.
 - a. Think about this example/artifact and
 - b. Reflect on how and why **it demonstrates your strengths**.
3. **Next Steps:** Choose a facet that you would like **to improve**.
4. **Goal Setting:** Create a **goal** to work towards this semester.
 - a. This goal is related to the facet you would like to improve (#3 Next Steps).
 - b. This goal explains how you can:
 - i. **try new things**
 - ii. **get better** at what you already do,
 - iii. or **push yourself** beyond your comfort zone.

Name:

Block/Class:

Date:

Semester:

Thinking Core Competency Self-Reflection and Goal Setting

1. Evidence

Choose an example that demonstrates the **THINKING COMPETENCIES** you are working on this year.

CHOICE 1: Describe an example/scenario (in or out of school).

CHOICE 2: Choose an artifact you have created and attach it to this document.

Examples

I discovered a different way to solve radical equations (Creating new ideas and innovating new ways)
I am choosing my electives next year (Exploring existing ideas or passions)

2. Self-reflection

Describe the **artifact**, or **the example** or **scenario** that you have chosen.

Think about this example/artifact and reflect on how and why **it demonstrates your THINKING COMPETENCIES.**

Examples

I have been learning about radical equations and was trying new things, and I realized that...
I have always taken a Foods elective every year since grade 9. But, for next year, I am going to try something really different because...

Next Steps:

<p>Choose a THINKING COMPETENCY facet that you would like to improve.</p>	
<p>Examples</p>	<p>I will continue on testing and refining my strategy by comparing it with other methods, explaining my thinking to classmates, and applying it to more complex equations to see when it works best. (Analyzing and critically examining thoughts, approaches, products or ideas.)</p> <p>I will continue to reflect on my interests, strengths, and future goals by researching different course options, asking questions about potential pathways, and considering how my choices connect to my passions and learning goals. (Design and develop ideas in response to problems, events, issues and needs, adjusting along the way in response to feedback.)</p>
<p>4. Goal Setting:</p> <p>Create a goal to work towards this semester.</p> <p>This goal is related to the facet of the THINKING COMPETENCY you would like to improve (#3 Next Steps).</p> <p>This goal explains how you can try new things, get better at what you already do, or push yourself beyond your comfort zone.</p>	
<p>Example</p>	

Reminders:

- The goal does not need to be connected to school.
- The goal could be short or long term.
- The goal should be something that is meaningful for you to achieve.
- Note that your goal can be read by others – including your parents/caregivers and/or your teacher.

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*



HOW TO DO THE REFLECTION

1. **Evidence:** Choose an example that demonstrates the *Personal and Social Core Competency* you are working on this year.
 - a. CHOICE 1: Describe an **example / scenario** (in or out of school)
 - b. CHOICE 2: Choose an **artifact** you have **created** and add the file to this form.
2. **Self-Reflection:** Describe the **artifact**, or **the example** or **scenario** that you have chosen.
 - a. Think about this example/artifact and
 - b. Reflect on how and why **it demonstrates your strengths**.
3. **Next Steps:** Choose a facet that you would like **to improve**.
4. **Goal Setting:** Create a **goal** to work towards this semester.
 - a. This goal is related to the facet you would like to improve (#3 Next Steps).
 - b. This goal explains how you can:
 - i. **try new things**
 - ii. **get better** at what you already do,
 - iii. or **push yourself** beyond your comfort zone.

Name:

Block/Class:

Date:

Semester:

Personal & Social Core Competency Self-Reflection and Goal Setting

1. Evidence

Choose an example that demonstrates the **PERSONAL AND SOCIAL COMPETENCIES** you are working on this year.

CHOICE 1: Describe an example/scenario (in or out of school).

CHOICE 2: Choose an artifact you have created and attach it to this document.

Examples

I have been working on asking my teacher for help when I am feeling unsure (personal responsibility)
I volunteered to sell raffle tickets at a game (social responsibility within my community)

2. Self-reflection

Describe the **artifact**, or **the example** or **scenario** that you have chosen.

Think about this example/artifact and reflect on how and why **it demonstrates your PERSONAL AND SOCIAL COMPETENCIES.**

Examples

I emailed my teacher during 2 different units to ask for clarification and this helped me...

	The team needed people to help them raise money for a trip and so I thought...
<p>Next Steps: Choose a PERSONAL AND SOCIAL COMPETENCY facet that you would like to improve.</p>	
<p>4. Goal Setting:</p> <p>Create a goal to work towards this semester.</p> <p>This goal is related to the facet of the PERSONAL AND SOCIAL COMPETENCY you would like to improve (#3 Next Steps).</p> <p>This goal explains how you can try new things, get better at what you already do, or push yourself beyond your comfort zone.</p>	
<p>Example</p>	

Reminders:

- The goal does not need to be connected to school.
- The goal could be short or long term.
- The goal should be something that is meaningful for you to achieve.
- Note that your goal can be read by others – including your parents/caregivers and/or your teacher.