Self Reflection & Goal Setting – 2023/2024

Student Name:	Date:
B Block Teacher:	**Student Grade:**

Core Competencies:
- Core competencies are sets of intellectual, personal, and social and emotional proficiencies that all students need to develop in order to engage in deep learning and life-long learning

- Throughout your year, in each of your classes, the learning tasks in which you have been engaged have had three proficiencies embedded in them: Communication (C), Thinking (T) and Personal & Social (PS).

- What do these competencies look like in my classes? My learning? My teams and clubs? My community? Highlight areas that you are successfully doing and identify areas that you can work on.

Facets

1. *Communication*	● Connecting and engaging with others ● Contribute to collective work and collaborate both as a member of a group and with other groups ● Supporting group interactions ● Adjusting communications to match the intent and purpose of the situation ● Communicating information through reading, listening and viewing, and presenting information back, in multiple formats and for multiple different audiences ● Contributing and actively helping the common purposes and goals of groups
2. *Thinking* **A. Creative Thinking**	● Creating new ideas and innovating new ways (these might simply be new to you). ● Exploring existing ideas or passions. ● Design and develop ideas in response to problems, events, issues and needs, adjusting along the way in response to feedback.
B. Critical Thinking	● Analyzing and critically examining thoughts, approaches, products or ideas. ● Questioning and investigating the information that is presented, rather than accepting it as it is. ● Reflecting, assessing and evaluating the creative ideas, then choosing and acting on directions. Persisting with the directions and ideas even through setbacks or failures. ● After reflection, determine how your original goals have been met, and then set new ones.
2. *Personal/Social* **A. Positive Personal and Cultural Identity**	● Expressing your needs, self-advocating, and seeking help when you need it. ● Becoming aware of what triggers your emotions, taking ownership of your actions, and persevering when things get challenging. ● Caring for your physical and mental health and well-being. Making smart and safe choices, both online and in your community. ● 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.
B. Personal Awareness and Responsibility	● Recognizing and acknowledging your strengths and abilities, and how these contribute to your family, relationships and society. ● 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.
C. Social Responsibility	● Taking responsibility for your social, physical and natural environment. Being aware of the impact(s) of your decisions and actions. ● Employing strategies to solve problems and having respectful communication, while valuing different perspectives. ● Valuing diversity in others and fostering inclusive relationships, groups and communities.

Strengths, Reflecion and Goal Setting

Pick **one** area (*Communication*,*Thinking or Personal Social*) that are strengths for you and **one** area where you want to focus your growth

I will focus on the _____ core competency.

What are some of my strengths?	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 **"I can"** above.

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.

My goal for next quarter (i.e., Feb & March).	My plan to reach my goals. (specific examples)
I can get better at…	*To do this I will…*

Here is what it could look like:

Scenario- "I collaborated on a group project where each member was responsible for contributing ideas" *(Supporting group interactions- part of the communication core competency)*

Self-Reflection- "I worked really hard on not interrupting my other group members when we all share. Normally I get frustrated at …"

Goal- "I am going to focus on listening to the speaker and not thinking of my response until they are done; I need to pause before I speak so that other people also have a chance to add their ideas."

Plan- "I plan to tell me next group that this is something I am working on so they can help notice when I am jumping in and cutting them off—we can create a code or signal so I know it them trying to help me get better at this"

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