

Thinking about Core Competencies

Name: _____ Date: _____

Select **ONE** of the following options to develop an organized, clear, and supported response.

Use the space below to brainstorm and organize your key ideas and specific supporting details. Then, use the other side of this sheet to construct a final draft of your reflection, one you will feel comfortable discussing with a teacher on May 17th.

Should you require additional paper, please feel free to ask.

NOTE: For either option, you can share your story in whatever format you like (e.g., write a story, poem or dialogue; draw a picture or comic strip; create a mind map or timeline; etc.).

CHOICE 1: Self-Regulation

Tell a story about taking ownership of your goals, learning, and/or behaviour.

Share a story about a time you did one of the following:

- set a goal
- took responsibility for your choices or actions
- persevered in a difficult situation
- managed your emotions
- understood how your actions affected others

CHOICE 2: Personal Values and Choices

Tell a story about how your values shape the choices and decisions you make.

Share a story about a situation where you showed what's important to you. Tell about how your values shape the choices and decisions you make. When you think about what is important to you, you might think about what you value in terms of:

Family

Friends

Leisure activities

Health

Academics

Personal achievements

Community

Extra-curricular activities

Religion/beliefs

