



WHO AM I? Personal & Social Core Competencies



Personal

POSITIVE PERSONAL AND CULTURAL IDENTITY

I am aware of myself as different from others. With some help, I can talk about who I am and identify some of my qualities.

I am aware of different aspects of myself. I identify some of my individual characteristics and the people, places, and things that are important to me.

I am able to describe different aspects of my identity and cultural contexts. I describe my positive qualities, and how I am able to use them to contribute to my communities.

I understand that my identity is influenced by many aspects of my life. I am aware that my values shape my choices. I understand that my characteristics, qualities and strengths contribute to making me a unique individual and an important part of my communities

I identify how my life experiences have contributed to who I am. I recognize the continuous and evolving nature of my concept of self and identity. I understand that challenges are opportunities for personal growth, and that I will continue to grow over my lifetime.



Personal

PERSONAL AWARENESS AND RESPONSIBILITY

With support, I show a sense of accomplishment, and sometimes recognize my emotions. I participate in activities that support my well-being

In a safe, supportive environment, I share my ideas and accomplishments, and accept responsibility for my actions. I make decisions about my activities, and, with support, take some responsibility for my physical and emotional well-being

I recognize my strengths and use strategies to focus, manage stress, and accomplish my goals. I make choices that benefit my well-being and keep me safe in a variety of communities, including online.

I recognize my value and advocate for my rights. I take responsibility for my choices, my actions, and my achievements. I use strategies for working toward a healthy and balanced lifestyle

I identify my strengths and limits, find internal motivation, and act on opportunities for self-growth. I take responsibility for making ethical decisions. I sustain a healthy and balanced lifestyle.



Social

SOCIAL RESPONSIBILITY

I am aware that people can be different than me. I interact with my friends, and with some support, I can be part of a group.

In familiar and structured settings, I interact with others and the environment respectfully. I am kind to others, work cooperatively, and build relationships with people of my choosing.

I interact with others and the environment respectfully and thoughtfully. I know when others need help and provide it. I sustain relationships. I show care for Elders.

I take purposeful action to support others and the environment. I am aware of the feelings of others and help them feel included. I maintain relationships with people from different generations.

I initiate positive, sustainable change for others and the environment. I empathize with others and adjust my behaviour to accommodate their needs. I sustain relationships with diverse people from a variety of age groups, communities and cultures.

Where am I at? JUST STARTING OUT HALFWAY ROCKING IT

I know this because...

Where am I at?

- JUST STARTING OUT
- HALFWAY
- ROCKING IT

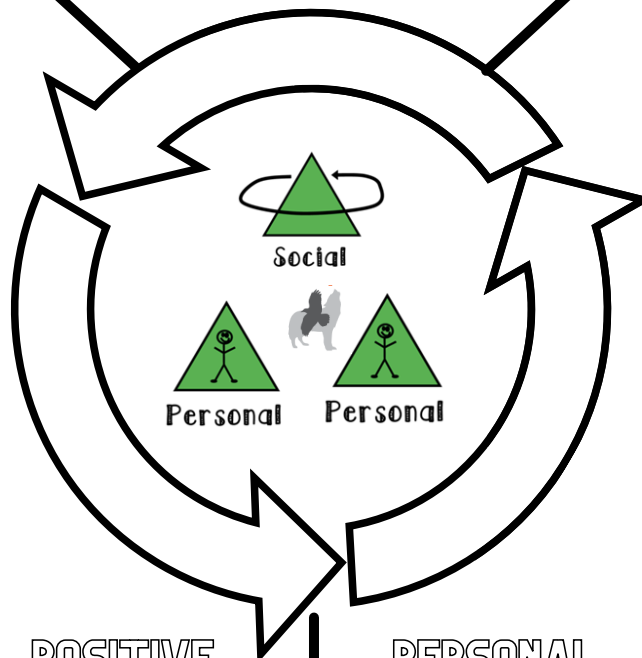
I know this because...

Where am I at?

- JUST STARTING OUT
- HALFWAY
- ROCKING IT

I know this because...

SOCIAL
RESPONSIBILITY



POSITIVE
PERSONAL AND
CULTURAL
IDENTITY

PERSONAL
AWARENESS
AND
RESPONSIBILITY

