# The Core Competencies: A Student Self Assessment

Student Name: __________________________  Grade: __________________________  Teacher: __________________________  IEP □  AB/ED □

A star means this is an area I feel strong in. A circle means it’s an area I want to work on.

## COMPETENCIES

The intellectual, personal, and social & emotional proficiencies that all students develop over a lifetime.

### COMMUNICATION

**Communication**
- Connect and engage with others
- Acquire, interpret, and present information
- Collaborate to plan, carry out, and review
- Explain/recount and reflect

**I show my communication skills when...**

### THINKING

**Creative Thinking and Innovation**
- Novelty and value
- Generating ideas
- Developing ideas

**Critical Thinking**
- Analyze and critique
- Question and investigate
- Develop and design

**I show my thinking when...**

### PERSONAL & SOCIAL

**Positive Personal & Cultural Identity**
- Relationships and Cultural Contexts
- Personal values and choices
- Personal strengths and abilities

**Personal Awareness & Responsibility**
- Self-determination
- Self-regulation
- Well-being

**Social Responsibility**
- Contributing to community and caring for the environment
- Solving problems in peaceful ways
- Valuing diversity
- Building relationships

**I show how I take care of myself by...**

**I show how I take care of others by...**