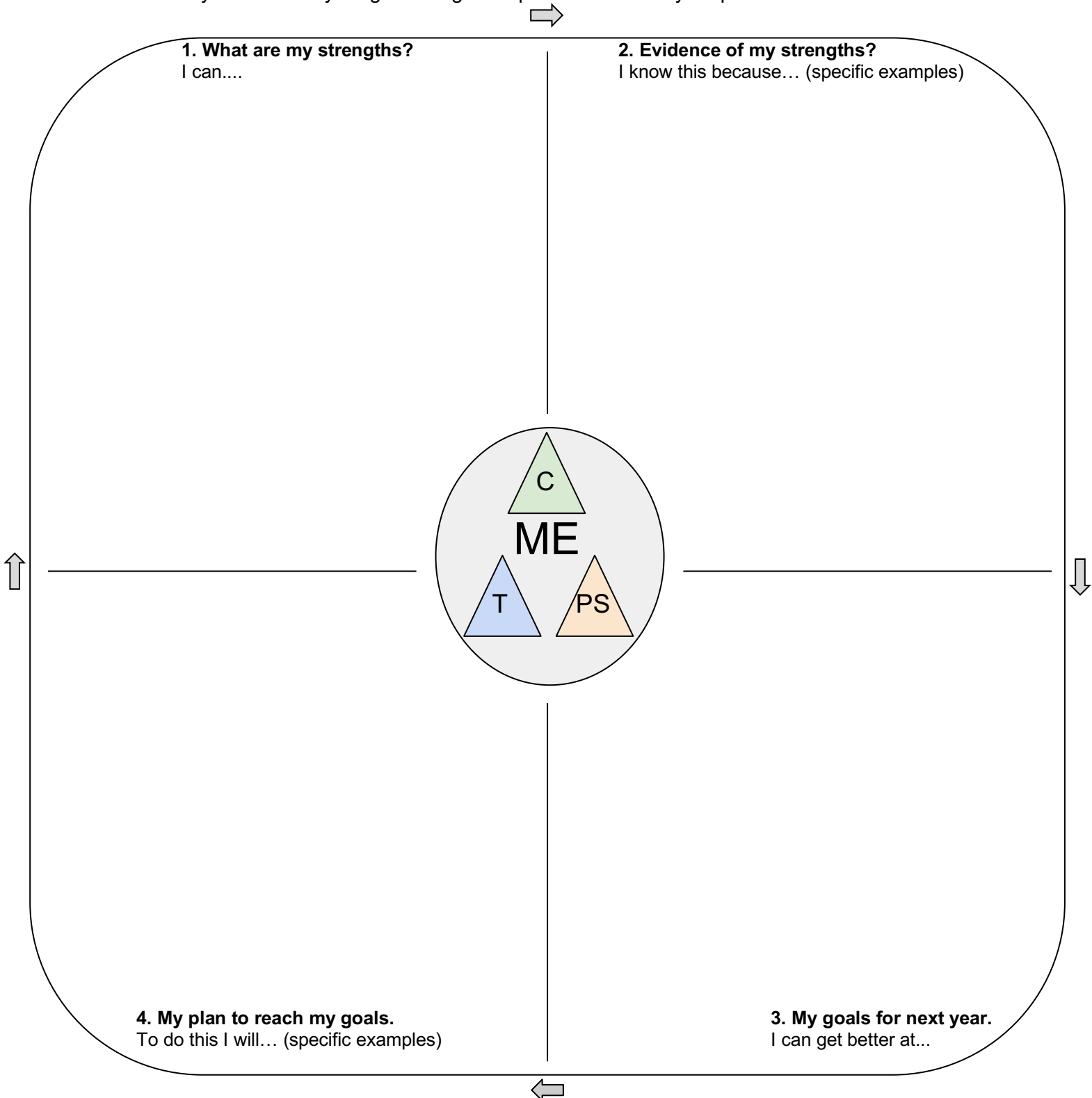


Name: _____ Date: _____

- Pick **one** area (**Communication** or **Personal and Social** or **Thinking**) that are strengths for you and list them in the top left box.
- Give a specific example of how you showed each strength in this learning activity.
- Think about something upon which to improve, it can be related to the same strengths, or something different. This will become a goal for the future. Write about it in the bottom right box.

Think about how you will meet your goal using examples. Write down your plan in the bottom left box:



Examples

1. Communication	<ul style="list-style-type: none"> • I ask and respond to questions to be an active, supportive listener • I recognize different points of view and can disagree respectfully • I can understand and share information about a topic of interest in a clear, organized way • I work with others to achieve a goal. I take on roles and responsibilities in a group; I do my share • I give, receive and act on feedback • I can represent my learning and tell how it connects to my experiences
2. Personal/Social	<ul style="list-style-type: none"> • I understand that my identity is made of many interconnected elements • I understand that learning is continuous and my identity will continue to evolve
A. Positive Personal and Cultural Identity	<ul style="list-style-type: none"> • I can identify and describe my qualities • I can identify my strengths and identify my potential • I can tell what is important to me and I can explain my values • I understand how my values shape my choices
B. Personal Awareness and Responsibility	<ul style="list-style-type: none"> • I can show a sense of accomplishment and joy. I take pride in my work and myself • I advocate for myself • I imagine and work towards change in myself and in the world • I work to inform myself about issues surrounding me • I recognize my emotions and use strategies to manage them • I persevere with challenging tasks and take ownership of my goals, learning and behavior • I participate in activities that support my well-being and take responsibility for my well-being • I make choices that keep me safe in my community and online • I use strategies to help me find peace and I sustain a healthy and balanced lifestyle
C. Social Responsibility	<ul style="list-style-type: none"> • I find it easy to be part of a group • I am kind to others, and support others when they need it • I participate in classroom or group activities that improve the class, school, or community • I can identify how my actions affect the community or environment and I can make positive change • I can solve problems and I know when to ask for help • I demonstrate respectful inclusive behaviour • I can explain when something is unfair and advocate for others • I take action to support diversity and defend human rights
3. Thinking	<ul style="list-style-type: none"> • I can form new ideas to create new things. I can also build on the ideas of others
A. Creative Thinking	<ul style="list-style-type: none"> • I get ideas when I use my five senses to explore or when I pursue my interests • I deliberately learn about things that interest me, and new ideas pop into my head • I can develop a body of creative work over time • I can persevere over time to develop my ideas, and I expect setbacks and failure, but use that to develop my ideas
B. Critical Thinking	<ul style="list-style-type: none"> • I can analyze evidence to make judgements • I can reflect on my thinking • I can analyze my own beliefs and consider views that do not fit with them • I can ask open-ended questions to gather information • I consider more than one way to proceed in an investigation • I can tell the difference between facts and opinions