

Core Competencies:

K-3 Student Reflection and Self-Assessment



Communication

Connect and Engage with Others (to share and develop ideas)

<p>I ask and respond to simple, direct questions.</p>	<p>Here is my example:</p>	<p>My learning goal is:</p>
---	----------------------------	-----------------------------



Creative Thinking

Novelty and Value

<p>I get ideas when I play. My ideas are fun for me and make me happy.</p>	<p>Here is my example:</p>	<p>My learning goal is:</p>
--	----------------------------	-----------------------------

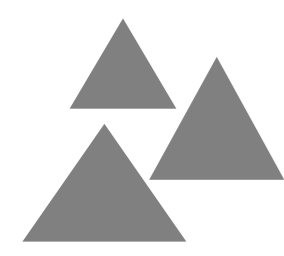


Positive Personal & Cultural Identity

Relationships and Cultural Contexts

<p>I know my name. I know that I am different and/or unique from other people.</p>	<p>Here is my example:</p>	<p>My learning goal is:</p>
--	----------------------------	-----------------------------





Core Competencies:

K-3 Student Reflection and Self-Assessment

This resource was developed through careful analysis of the [Core Competencies Profiles](#) and [I Statements](#) from the [BC Ministry of Education](#). We looked at the language used, and simplified some aspects into K-3 student-friendly language for the purpose of student reflection and self-assessment.

Ideas on how to use this resource:

- this is a lengthy document - you can print just the page(s) you need for your students, as you focus in on one facet or competency
- space is provided for students to: draw, write, provide samples, photos, etc., to reflect on and document their growth in relation to facet(s) or one of the three broad competencies (with support as needed)
- space is also provided for students to develop learning goals (with support as needed)
- teachers can provide reflections or feedback on the back of a self-assessment page, or on sticky notes, if they choose - this can be a great way to continue and deepen student-teacher conversations



Communication

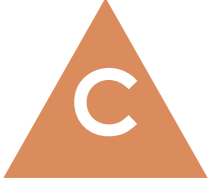
Connect and Engage with Others (to share and develop ideas)

<p>I ask and respond to simple, direct questions.</p>	<p>Here is my example:</p>	<p>My learning goal is:</p>
---	----------------------------	-----------------------------



name: _____

date: _____



Communication

Connect and Engage with Others (to share and develop ideas)

I am an active listener; I can ask the speaker questions and make connections.

Here is my example:

My learning goal is:



name: _____

date: _____



Communication

Connect and Engage with Others (to share and develop ideas)

Here is my example:

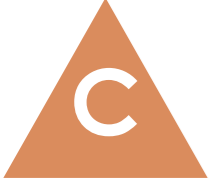
My learning goal is:

I recognize
that there are
different
points-of-view
and I can
disagree
respectfully.



name: _____

date: _____



Communication

Connect and Engage with Others (to share and develop ideas)

I can understand and share information about a topic that is important to me.

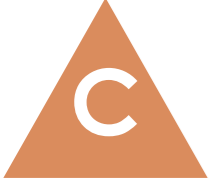
Here is my example:

My learning goal is:



name: _____

date: _____



Communication

Acquire, Interpret, and Present Information (includes inquiries)

I plan and present information clearly and in an organized way.

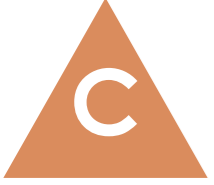
Here is my example:

My learning goal is:



name: _____

date: _____



Communication

Acquire, Interpret, and Present Information (includes inquiries)

I can present information and ideas to different audiences.

Here is my example:

My learning goal is:



name: _____

date: _____



Communication

Collaborate to Plan, Carry Out, and Review Constructions and Activities

I can plan and complete activities with others; I do my share.

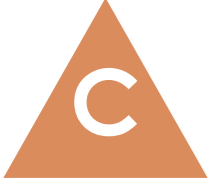
Here is my example:

My learning goal is:



name: _____

date: _____



Communication

Collaborate to Plan, Carry Out, and Review Constructions and Activities

Here is my example:

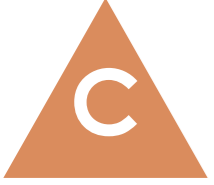
My learning goal is:

**I can take on
roles and
responsibilities
in a group.**



name: _____

date: _____



Communication

Collaborate to Plan, Carry Out, and Review Constructions and Activities

I can express my ideas and I encourage others to express theirs.

Here is my example:

My learning goal is:



name: _____

date: _____



Communication

Explain/Recount and Reflect on Experiences and Accomplishments

I give, receive,
and act on
feedback.

Here is my example:

My learning goal is:



name: _____

date: _____



Communication

Explain/Recount and Reflect on Experiences and Accomplishments

I can talk about my learning experiences and activities.

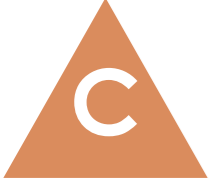
Here is my example:

My learning goal is:



name: _____

date: _____



Communication

Explain/Recount and Reflect on Experiences and Accomplishments

I can show
and/or tell how
my learning
connects to my
experiences and
efforts.

Here is my example:

My learning goal is:



name: _____

date: _____



Creative Thinking

Novelty and Value

I get ideas when I play. My ideas are fun for me and make me happy.

Here is my example:

My learning goal is:



name: _____

date: _____



Creative Thinking

Novelty and Value

I can get new ideas and/or build on other people's ideas to create new things.

Here is my example:

My learning goal is:



name: _____

date: _____



Creative Thinking

Novelty and Value

I get new ideas
when I explore
topics I am
interested in.

Here is my example:

My learning goal is:



name: _____

date: _____



Creative Thinking

Generating Ideas

I get ideas
when I use my
senses to
explore.

Here is my example:

My learning goal is:



name: _____

date: _____



Creative Thinking

Generating Ideas

I can get new ideas and/or build on other people's ideas to solve problems.

Here is my example:

My learning goal is:



name: _____

date: _____



Creative Thinking

Generating Ideas

I choose to learn a lot about things I have a strong interest in, so that I am able to come up with new ideas.

Here is my example:

My learning goal is:



name: _____

date: _____



Creative Thinking

Generating Ideas

I have strategies for quieting my mind so that I can be more creative.

Here is my example:

My learning goal is:



name: _____

date: _____



Creative Thinking

Developing Ideas

I make my ideas work or I change what I am doing.

Here is my example:

My learning goal is:



name: _____

date: _____



Creative Thinking

Developing Ideas

If I keep playing with my ideas, I can usually make them work, even if it takes a few tries.

Here is my example:

My learning goal is:



name: _____

date: _____



Creative Thinking

Developing Ideas

I learn from my experiences, including my mistakes, and remember what I learned for the next time.

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Analyze and Critique

I can show if I like something or not.

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Analyze and Critique

I can tell or show something about my thinking.

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Analyze and Critique

I can study information from different perspectives.

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Analyze and Critique

I can reflect on and explain my thinking, work, and choices, and decide if they worked or not.

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Question and Investigate

I can explore materials and actions.

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Question and Investigate

I can ask open-ended questions and gather information.

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Question and Investigate

I can consider more than one way to explore or investigate an issue, problem or idea.

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Question and Investigate

**I can evaluate
and make
judgments
about sources
of information.**

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Question and Investigate

I can tell the difference between facts and opinions.

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Develop and Design

I can experiment with different ways of doing things.

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Develop and Design

**I can develop
criteria for
evaluating
design options.**

Here is my example:

My learning goal is:



name: _____

date: _____



Critical Thinking

Develop and Design

Here is my example:

My learning goal is:

**I can monitor
my progress
and adjust my
actions to make
sure I achieve
what I want.**



name: _____

date: _____



Critical Thinking

Develop and Design

I can make choices that will help me create my intended impact on an audience or situation.

Here is my example:

My learning goal is:



name: _____

date: _____

Positive Personal & Cultural Identity

Relationships and Cultural Contexts

PS

Here is my example:

My learning goal is:

I know my name. I know that I am different and/or unique from other people.



name: _____

date: _____

PS

Positive Personal & Cultural Identity

Relationships and Cultural Contexts

I am able to identify the different groups that I belong to.

Here is my example:

My learning goal is:



name: _____

date: _____

Positive Personal & Cultural Identity

Relationships and Cultural Contexts

PS

Here is my example:

My learning goal is:

I can describe
my family,
home, and the
people and/or
places that
make up my
community.



name: _____

date: _____

Positive Personal & Cultural Identity

Relationships and Cultural Contexts

PS

Here is my example:

My learning goal is:

I have pride in
who I am. I
know that my
identity is
made up of
different parts.

(such as family,
communities, school,
friends, heritage)



name: _____

date: _____

Positive Personal & Cultural Identity

Personal Values and Choices

PS

I can identify
people, places
and things that
are important
to me.

Here is my example:

My learning goal is:



name: _____

date: _____



Positive Personal & Cultural Identity

Personal Values and Choices

I can explain what I like and dislike. I am able to explain what interests me.

Here is my example:

My learning goal is:



name: _____

date: _____

Positive Personal & Cultural Identity

Personal Values and Choices

PS

Here is my example:

My learning goal is:

I can explain
what I believe
in, and how my
beliefs affect
choices I make.



name: _____

date: _____

Positive Personal & Cultural Identity

Personal Values and Choices

PS

Here is my example:

My learning goal is:

I understand
how my beliefs
and/or values
shape my
choices.



name: _____

date: _____



Positive Personal & Cultural Identity

Personal Values and Choices

I can tell how some important aspects of my life have been influenced by my values.

Here is my example:

My learning goal is:



name: _____

date: _____



Positive Personal & Cultural Identity

Personal Strengths and Abilities

I understand that learning takes patience and time.

Here is my example:

My learning goal is:



name: _____

date: _____

Positive Personal & Cultural Identity

Personal Strengths and Abilities

PS

Here is my example:

My learning goal is:

I can identify
my individual
characteristics.



name: _____

date: _____



Positive Personal & Cultural Identity

Personal Strengths and Abilities

I can identify my strengths and use them to contribute positively to my community.

Here is my example:

My learning goal is:



name: _____

date: _____

PS

Positive Personal & Cultural Identity

Personal Strengths and Abilities

I can describe
and take pride
in my positive
qualities, traits
and/or skills.

Here is my example:

My learning goal is:



name: _____

date: _____



Positive Personal & Cultural Identity

Personal Strengths and Abilities

I understand that I can work hard to develop new skills and traits that will help me meet new challenges.

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Self-Determination

Here is my example:

My learning goal is:

I can show a sense of accomplishment and joy.



name: _____

date: _____



Personal Awareness & Responsibility

Self-Determination

I can share and celebrate my efforts, ideas and accomplishments.

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Self-Determination

I can express
some wants,
needs, and
preferences.

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Self-Regulation

I can sometimes recognize emotions.

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Self-Regulation

I can use strategies that help me manage my feelings and emotions.

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Self-Regulation

**I can accept
responsibility for
my actions.**

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Self-Regulation

I can stick with it, or persevere, when I am doing something that is challenging, or that I feel I'm not good at yet.

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Self-Regulation

I can set goals that I feel I am able to meet, and use a plan and strategies to help me meet my goals.

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Self-Regulation

I understand that my actions can have either a positive or negative result for me and/or others.

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Well-Being

I can participate in activities that support my health and happiness (or well-being).

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Well-Being

I can use some strategies to help me feel calm when I feel emotions like being upset, worried, nervous, frustrated...

Here is my example:

My learning goal is:



name: _____

date: _____



Personal Awareness & Responsibility

Well-Being

I can make positive choices that will help keep me safe, including when I'm online.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Contributing to Community and Caring for the Environment

I can be part of a group.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Contributing to Community and Caring for the Environment

I can talk and work respectfully with my friends, classmates and others.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Contributing to Community and Caring for the Environment

I can participate in classroom and group activities to make my classroom, school, community or natural world a better place.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Contributing to Community and Caring for the Environment

I can treat the environment with care and respect.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Solving Problems in Peaceful Ways

Here is my example:

My learning goal is:

I can solve some problems myself and can identify when to ask for help.



name: _____

date: _____



Social Responsibility

Solving Problems in Peaceful Ways

I can consider other people's ideas and points of view. I can express a different opinion in a polite and respectful way.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Solving Problems in Peaceful Ways

I can identify problems and work on some problem-solving strategies with others.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Valuing Diversity

Here is my example:

My learning goal is:

I can demonstrate respectful and inclusive behaviour, including when I'm online.



name: _____

date: _____



Social Responsibility

Valuing Diversity

I can explain
when something
is unfair to me
or others.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Valuing Diversity

Here is my example:

My learning goal is:

I can advocate
for others.



name: _____

date: _____



Social Responsibility

Building Relationships

I can be part
of a group.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Building Relationships

I am kind and cooperative when I work and play with others.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Building Relationships

I can build
positive
relationships
with others.

Here is my example:

My learning goal is:



name: _____

date: _____



Social Responsibility

Building Relationships

Here is my example:

My learning goal is:

I know when
other people
need some help.
I give help when
it is needed.



name: _____

date: _____



Social Responsibility

Building Relationships

Here is my example:

My learning goal is:

I try to understand how other people feel. I can take steps to help everyone to feel included.



name: _____

date: _____