**Core Competencies Profiles**

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| **Communication** | ***Connect and engage with others (to share and develop ideas)**** I ask and respond to simple, direct questions.
* I am an active listener; I support and encourage the person speaking.
* I recognize that there are different points-of-view and I can disagree respectfully.
 | ***Acquire, interpret, and present information (includes inquires)*** * I can understand and share information about a topic that is important to me.
* I can present information clearly and in an organized way.
* I can present information and ideas to an audience I may not know.
 | ***Collaborate to plan, carry out, & review constructions & activities**** I can work with others to achieve a common goal; I do my share.
* I can take on roles and responsibilities in a group.
* I can summarize key ideas and identify the ways we agree (commonalities).
 | ***Explain/recount and reflect on experiences and accomplishments*** * I give, receive, and act on feedback.
* I can recount simple experiences and activities and tell something I learned.
* I can represent my learning and tell how it connects to my experiences and efforts.
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| **Creative Thinking** | ***Novelty and Value*** * I get ideas when I play. My ideas are fun for me and make me happy.
* I can get new ideas or build on other people's ideas, to create new things within the constraints of a form, a problem, or materials
* I generate new ideas as I pursue my interests.
* I get ideas that are new to my peers.
* I can develop a body of creative work over time in an area I'm interested in or passionate about.
 | ***Generating Ideas*** * I get ideas when I use my senses to explore.
* I build on others' ideas and add new ideas of my own or combine other people's ideas in new ways to create new things or solve straightforward problems.
* I deliberately learn a lot about something (e.g., by doing research, talking to others or practicing so that I am able to generate new ideas or ideas just pop into my head.
* I have deliberate strategies for quieting my conscious mind (e.g., walking away for a while, doing something relaxing, being deliberately playful) so that I can be more creative.
* I have interest and passions that I pursue over time.
 | ***Developing Ideas**** I make my ideas work or I change what I am doing.
* I can usually make my ideas work with the constraints of a given form, problem, and materials if I keep playing with them.
* I build the skills I need to make my ideas work, and usually succeed, even if it takes a few tries.
* I use my experience with various steps and attempts to direct my future work.
* I can persevere over years if necessary to develop my ideas. I expect ambiguity, failure, and setback and use them to change my thinking.
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| **Critical Thinking** | ***Analyze and Critique**** I can show if I like something or not.
* I can identify criteria that I can use to analyze evidence.
* I can analyze evidence from different perspectives.
* I can reflect on and evaluate my thinking, products, and actions.
* I can analyze my own assumptions and beliefs and consider view that do not fit with them.
 | ***Question and Investigate**** I can explore materials and actions.
* I can ask open-ended questions and gather information.
* I can consider more than one way to proceed in an investigation.
* I can evaluate the credibility of sources of information.
* I can tell the difference between facts and interpretations, opinions, or judgments.
 | ***Develop and Design**** I can experiment with different ways of doing things.
* I can develop criteria for evaluating design options.
* I can monitor my progress and adjust my actions to make sure I achieve what I want.
* I can make choices that will help me create my intended impact on an audience or situation.
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| **Positive Personal & Cultural Identity** | ***Relationships and cultural contexts**** I can describe my family and community.
* I am able to identify the different groups that I belong to.
* I understand that my identity is made up of many interconnected aspects (such as life experiences, family history, heritage, peer groups).
* I understand that learning is continuous and my concept of self and identity will continue to evolve.
 | ***Personal values and choices**** I can tell what is important to me.
* I can explain what my values are and how they affect choices I make.
* I can tell how some important aspects of my life have influenced my values.
* I understand how my values shape my choices.
 | ***Personal strengths and abilities**** I can identify my individual characteristics.
* I can describe/express my attributes, characteristics, and skills.
* I can reflect on my strengths and identify my potential as a leader in my community.
* I understand I will continue to develop new abilities and strengths to help me meet new challenges.
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| **Personal Awareness and Responsibility** | ***Self –Determination**** I can show a sense of accomplishment and joy.
* I can celebrate my efforts and accomplishments.
* I can advocate for myself and my ideas.
* I can imagine and work toward change in myself and the world.
* I take the initiative to inform myself about controversial issues.
 | ***Self-Regulation**** I can sometimes recognize emotions.
* I can use strategies that help me manage my feelings and emotions.
* I can persevere with challenging tasks.
* I can implement, monitor, and adjust a plan and assess the results.
* I can take ownership of my goals, learning, and behaviour.
 | ***Well-being*** * I can participate in activities that support my well-being, and tell/show how they help me.
* I can take some responsibility for my physical and emotional well-being.
* I can make choices that benefit my well-being and keep me safe in my community, including my online interactions.
* I can use strategies to find peace in stressful times.
* I can sustain a healthy and balanced lifestyle.
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| **Social Responsibility** | ***Contributing to community and caring for the environment**** With some support, I can be part of a group.
* I can participate in classroom and group activities to improve the classroom, school, community and natural world.
* I can contribute to group activities that make my classroom, school, community, or natural world a better place.
* I can identify how my actions and the actions of others affect my community and the natural environment and can work to make positive change.
* I can analyze complex social or environmental issues from multiple perspectives. I can take thoughtful actions to influence positive, sustainable change.
 | ***Solving problems in peaceful ways**** I can solve some problems myself and can identify when to ask for help.
* I can identify problems and compare potential problem-solving strategies.
* I can clarify problems, consider alternatives, and evaluate strategies.
* I can clarify problems or issues, generate multiple strategies, weigh consequences, compromise to meet the needs of others, and evaluate actions.
 | ***Valuing diversity**** With some direction, I can demonstrate respectful and inclusive behaviour.
* I can explain when something is unfair
* I can advocate for others
* I take actions to support diversity and defend human rights, and can identify how diversity is beneficial for my community, including online.
 | ***Building relationships*** * With support I can be part of a group.
* I am kind to others, can work or play co-operatively, and can build relationships with people of my choosing.
* I can identify when others need support and provide it.
* I am aware of how others may feel and take steps to help them feel included.
* I build and sustain positive relationships with diverse people, including people from different generations.
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