

Tracking my Learning Growth

Name: _____ Block: _____

I can self-evaluate my own Core & Curricular Competencies. My responses will be used to assess where I am at now, and track my learning growth.

- A **exclamation mark (!)** shows the competencies that I have a personal strength in
- A **star *** shows those competencies that I have seen personal growth in
- A **blank** _____ shows challenging competencies that I would like to continue to improve

Core Competencies

Personal Awareness:

	Setting up a schedule to understand my choices, set goals for myself and monitor my progress
	Finding motivation to complete my work and asking for support when needed
	Recognizing factors that affect my wellness and finding ways to calm myself in stressful times

Personal Identity and Social Awareness:

	Understanding my strengths and how I can use those to help people around me
	Persevering and staying committed even when challenges arise
	Respecting other individual perspectives and allowing space to listen to a diversity of voices

Thinking and Communicating:

	Providing creative/innovative/unique ways of approaching and solving problems
	Finding connection in my engagements to my passions/community/environment
	Accepting feedback, reflecting on my learning process and how to improve next time

Curricular Competencies

	Questioning and predicting		Evaluating
	Planning and conducting		Applying and innovating
	Processing and analysis		Communication

I can use my self-evaluation above to create a Personalized Learning Growth comment:

- In the blank below, place your name. Use 1 or more CORE statements and all CURRICULAR statements you identified above and place them into the appropriate section (strength/growth/challenge) to complete the sentence stem. Put the 3 sentences together into a small paragraph to create your Personalized Learning Growth Comment. Please use correct spelling, grammar, and sentence structure.

Through self-evaluation I, _____, have identified my strengths in...

I have shown personal growth in...

I have identified... as a challenge that I continue to work towards improving.