**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.**



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| **COMMUNICATION** | I SHOW MY COMMUNICATION SKILLS WHEN… |
| **Communication**  • Connect and engage with others  • Acquire, interpret, and present information  • Collaborate to plan, carry out, and review  • Explain/recount and reflect |  |
| **THINKING** |
| **Creative Thinking and Innovation**  • Novelty and value  • Generating ideas  • Developing ideas | I SHOW MY THINKING WHEN … |
| **Critical Thinking**  • Analyze and critique  • Question and investigate  • Develop and design |  |
| **PERSONAL & SOCIAL** | I SHOW HOW I TAKE CARE OF MYSELF BY… |
| **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 | I SHOW HOW I TAKE CARE OF OTHERS BY… |
| **Social Responsibility**  • Contributing to community and caring for the environment  • Solving problems in peaceful ways  • Valuing diversity  • Building relationships |  |