**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 |  |