



A. L. Fortune Core Competency Self-Assessment

Name: _____

Grade: _____

Date: _____

COMMUNICATION	
<p>I can connect and engage with others to share and develop ideas. <i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>ask and respond to simple, direct questions.</i> • <i>be an active listener.</i> • <i>recognize different points-of-view respectfully.</i> 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can gather, interpret, and present information. <i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>understand and share information about a topic.</i> • <i>summarize key ideas.</i> • <i>present information clearly and in an organized way.</i> • <i>present to an audience.</i> 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can work in a group to plan and carry out activities. <i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>work well with others by doing my share.</i> • <i>take on roles and responsibilities in a group.</i> • <i>agree and disagree with group members respectfully.</i> 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can explain and reflect on my experiences and accomplishments. <i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>give, receive, and act on feedback.</i> • <i>describe what I have learned.</i> 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>



CREATIVE THINKING	
<p>I can generate valuable new ideas. <i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>become creative within areas of interest or passion.</i> • <i>develop my creativity over time.</i> • <i>get new ideas or build on other people's ideas, to create new things or solve problems (collaboration).</i> • <i>learn a lot about something that I'm interested in.</i> 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can develop ideas over a period of time. <i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>persist with making my ideas work.</i> • <i>build the skills I need to make my ideas work.</i> • <i>adjust my future work based on my past experiences (successes and attempts).</i> 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
CRITICAL THINKING	
<p>I can analyze and critique ideas and information. <i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>decide if I like something or not.</i> • <i>analyze evidence from different perspectives.</i> • <i>reflect on and evaluate my thinking, products, and actions.</i> • <i>analyze my own beliefs and respectfully consider views that do not fit with them.</i> 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can question and investigate ideas and information. <i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>ask open-ended questions and gather information.</i> • <i>consider more than one way to proceed in an investigation.</i> • <i>evaluate the credibility of sources of information.</i> • <i>tell the difference between facts and interpretations, opinions, or judgments.</i> 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can develop and design ideas and information. <i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>experiment with different ways of doing things.</i> • <i>develop criteria for evaluating information.</i> • <i>monitor my progress and adjust my actions to help me achieve my goals.</i> • <i>make choices to influence an audience or situation.</i> 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>



POSITIVE PERSONAL AND CULTURAL IDENTITY	
<p>I can build and maintain positive relationships. For example, I may:</p> <ul style="list-style-type: none"> describe my family, friend-group and community. realize my friendships will evolve, change and grow throughout my life. 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can make choices based on my values. For example, I may:</p> <ul style="list-style-type: none"> explain what I value. understand how my values shape my choices. 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can identify my strengths and abilities. For example, I may:</p> <ul style="list-style-type: none"> identify my characteristics and skills. understand I will continue to develop new abilities and strengths throughout my life. 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
PERSONAL AWARENESS AND RESPONSIBILITY	
<p>I am personally aware and responsible. For example, I may:</p> <ul style="list-style-type: none"> celebrate my efforts and accomplishments. advocate for myself and my ideas. imagine and work toward change in myself and the world. take the initiative to inform myself about controversial issues. 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can self-regulate. For example, I may:</p> <ul style="list-style-type: none"> recognize emotions (in myself and others). use strategies that help me manage my feelings and emotions. persevere with challenging tasks. implement, monitor, and adjust a plan and assess the results. take ownership of my goals, learning, and behaviour. 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can care for my well-being. For example, I may:</p> <ul style="list-style-type: none"> participate in activities that support my well-being. take responsibility for my physical and emotional well-being. make safe choices in my community, including my online interactions. use healthy coping mechanisms in stressful times. choose to sustain a healthy and balanced lifestyle. 	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>



SOCIAL RESPONSIBILITY	
<p>I can contribute to my community and care for the environment.</p> <p><i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>participate in activities to improve the classroom, school, and community.</i> • <i>identify how my actions and the actions of others affect my community and the environment.</i> <p><i>analyze complex social or environmental issues, and take action.</i></p>	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can solve problems in peaceful ways.</p> <p><i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>solve problems myself and identify when to ask for help.</i> • <i>identify and compare potential problem-solving strategies.</i> <p><i>clarify problems, consider alternatives, and evaluate strategies.</i></p>	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I value diversity.</p> <p><i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>demonstrate respectful and inclusive behaviour.</i> • <i>explain when something is unfair.</i> • <i>advocate for others.</i> <p><i>take action to support diversity.</i></p>	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>
<p>I can build meaningful relationships.</p> <p><i>For example, I may:</i></p> <ul style="list-style-type: none"> • <i>be kind to others.</i> • <i>be aware of how others feel and take steps to help them.</i> <p><i>build and sustain healthy relationships.</i></p>	<p>A bit like me</p> <p>Quite like me</p> <p>A lot like me</p>