

**Core Competencies – Reflections**

**Name:** \_\_\_\_\_

Over the Grade 9 year, you will be asked three times to reflect on the Core Competencies in MyBluePrint. The Core Competencies include:

**Communication – Communicating and Collaborating**

**Thinking – Critical, Reflective and Creative**

**Personal and Social – Personal Awareness and Responsibility, Positive Personal and Cultural Identity, and Social Awareness and Responsibility**

In April, you completed the Communication reflection. In **May**, we will be completing the second reflection on **Personal/Social Responsibility**. These reflections will be written in your C block class. You may write your reflection in a Word document or save it to a google document first. When you have it saved, you will then login to your MyBluePrint account and locate your Careers portfolio. Your reflections will all be added to this account. The final third reflection, Thinking, will be done in your D block class in June.

If you did not complete the Communication reflection earlier this year, you can complete it on your own in MyBlulePrint.ca

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**Assignment: Write a reflection on your progress so far in Grade 9 with the Personal/Social core competency (10 sentences minimum). Think about how things may have changed for you since coming to High School. You can talk about school life in your reflection, or talk about events in your personal life if they relate to your growth in personal awareness and responsibility. You may use the three question groups below to help you, or relay an event that happened in one of your classes that really made an impact for you in this competency.**

1. Give examples of how you have improved in your personal awareness and responsibility. How have you improved in your decision-making? How have you persevered through a difficult situation? How have you learned to set goals, and monitor your progress in school? How have you learned to manage your own stress and take care of your own well-being this year?
2. One of the First People’s Principles of Learning is that **Learning takes time and patience**. Comment on your own time and patience over this past year transitioning to Grade 9.
3. What have you learned so far in Grade 9 that you wish you had known before coming to EMS? What have you learned about yourself? Describe the environment that works best for you in working to your potential, creating ideas, feeling supported and accepted.

**Use this sheet to write your response, and then upload your response to your MyBluePrint account, under your Careers Portfolio.**

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