

## Core Competency Self-Reflection #1



Mariners, this is your opportunity to consider your progress in mastering the core competencies required as a successful student, employee, entrepreneur, and citizen. Below are 4 questions designed to get you to reflect on where you are right now and where you'd like to go in the future. As you are reflecting, please consider the core competency descriptions and criteria for success, both of which are included with this self-assessment.

In a separate MS Word document, respond to the following four questions. Once complete, please submit your document, with your name and student number in the header back to your grade core competency Team.

1. ***What am I good at?*** Be sure to connect your strengths to core competencies.
2. ***What are some examples and evidence of my strengths?*** Be sure to include some specific examples from school, extracurriculars or your personal life to highlight your strengths.
3. ***What area or core competency would I like to improve on? How can I get better?*** Be sure to include why this is important to you!
4. ***How do I plan to do this? How will I improve in these areas?*** Be specific about things you want to do or try out to improve. How will you know when you've met your goal?