



# SAS Jackson Core Competency Self-Assessment

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

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

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



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



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



SOCIAL RESPONSIBILITY	
<p><b>I can contribute to my community and care for the environment.</b></p> <p><i>For example, I may:</i></p> <ul style="list-style-type: none"><li><i>participate in activities to improve the classroom, school, and community.</i></li><li><i>identify how my actions and the actions of others affect my community and the environment.</i></li></ul> <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><b>I can solve problems in peaceful ways.</b></p> <p><i>For example, I may:</i></p> <ul style="list-style-type: none"><li><i>solve problems myself and identify when to ask for help.</i></li><li><i>identify and compare potential problem-solving strategies.</i></li></ul> <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><b>I value diversity.</b></p> <p><i>For example, I may:</i></p> <ul style="list-style-type: none"><li><i>demonstrate respectful and inclusive behaviour.</i></li><li><i>explain when something is unfair.</i></li><li><i>advocate for others.</i></li></ul> <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><b>I can build meaningful relationships.</b></p> <p><i>For example, I may:</i></p> <ul style="list-style-type: none"><li><i>be kind to others.</i></li><li><i>be aware of how others feel and take steps to help them.</i></li></ul> <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>