

### Sample Objectives for Core Competency IEP Goals

Goal Area		Personal
Core Competency		Personal Awareness & Responsibility
Code	Goal	Possible Objectives
PAR1a	I can show a sense of accomplishment and joy	<ul style="list-style-type: none"> <li>• by showing when I am joyful/happy on my face</li> <li>• by showing I am joyful/happy with my body</li> <li>• by showing that I am joyful/happy with words, pictures, symbols or objects</li> <li>• by showing that I have completed a job or task</li> </ul>
PAR1b	I can express my needs, wants and preferences	<ul style="list-style-type: none"> <li>• by showing what I like/do not like using words, pictures, symbols and/or objects</li> <li>• by showing what I want using words, pictures, symbols and/or objects</li> <li>• by showing what I need using words, pictures, symbols and/or objects</li> </ul>
PAR1c	I can recognize emotions	<ul style="list-style-type: none"> <li>• by seeing pictures or videos of myself others and identifying the emotion</li> <li>• by showing what emotion I am feeling with words, pictures, symbols or objects</li> </ul>
PAR2a	I can feel happy and proud	<ul style="list-style-type: none"> <li>• by identifying what makes me happy</li> <li>• by identifying what I am interested in</li> <li>• by identifying what I am good at/ my strengths</li> <li>• by showing some thing I did, that I am proud of</li> </ul>
PAR 2b	I can seek out experiences that make me feel happy and proud	<ul style="list-style-type: none"> <li>• by choosing activities that make me feel happy/ interested</li> <li>• by choosing activities that I am good at/ make me feel proud</li> </ul>
PAR2c	I can celebrate my efforts and accomplishments	<ul style="list-style-type: none"> <li>• by completing activity that is hard for me, and then choosing an activity that I love to do</li> <li>• by completing an activity on my own</li> <li>• by sharing with others something that I did that I am proud of</li> </ul>

PAR2d	<b>I can use strategies that help me manage my feelings and emotions</b>	<ul style="list-style-type: none"> <li>• by recognizing when I do not feel content or ready to engage with others</li> <li>• by trying out different tools and actions that can help me feel more content and ready to engage with others</li> <li>• by choosing which tools and actions I need to help me feel content and ready to engage</li> <li>• by using a tool or a strategy when I need to feel more content and ready to engage</li> </ul>
PAR2e	<b>I can create evidence of my learning</b>	<ul style="list-style-type: none"> <li>• by engaging in different learning tasks and activities</li> <li>• by taking pictures/videos of my learning</li> <li>• by sharing my learning using words, pictures, symbols and/or objects</li> <li>• by identifying when I am meeting a goal</li> <li>• by choosing my favourite pieces of evidence of how I met a goal</li> <li>• by collecting different kinds of evidence of meeting a goal</li> </ul>
PAR2f	<b>I can recognize and/ or explain my role in learning activities</b>	<ul style="list-style-type: none"> <li>• by showing that I am ready to learn and engage with peers</li> <li>• by sitting beside and learning with a peer</li> <li>• by join a small learning group with my peers</li> <li>• by engaging in learning activities in my whole class</li> <li>• by helping my friends/classmates with their learning</li> <li>• by showing that I am listening when I am learning with my peers</li> <li>• by sharing my learning with my peers</li> </ul>
PAR2g	<b>I can participate in activities that support my well-being and share how they help me</b>	<ul style="list-style-type: none"> <li>• by discovering what I like and do not like</li> <li>• by engaging in activities with my friends and classmates</li> <li>• by showing/making choices in a safe way about what I like/want/need</li> <li>• by showing/making choices in a safe way about what I do not like/want/need</li> <li>• by following instructions and listening to people I trust</li> </ul>