

## Core Competency Goal Self-Assessment: Personal Awareness & Responsibility (PAR)

Name:		Date:		Strength Area	Stretch Area	Area I want to Target
Profile 1	a) I can show a sense of accomplishment and joy					
	b) I can express needs and wants and preferences					
	c) I can recognize my emotions					
Profile 2	a) I can feel happy and proud					
	b) I can seek out experiences that make me feel happy and proud					
	c) I can celebrate my efforts and accomplishments					
	d) I can use strategies to help me manage my feelings and emotions					
	e) I can give evidence of my learning					
	f) I can recognize and/or explain my role in learning activities					
	g) I can participate in activities that support my wellbeing					
	h) I can describe how specific choices can affect my wellbeing					
Profile 3	a) I can take action to meet my wants and needs and/or joy and satisfaction					
	b) I can work towards a goal and/or solving a problem					
	c) I can use strategies to increase my feeling of well-being and help me manage my feelings and emotions					
	d) I can connect my actions with both positive and negative consequences and can make adjustments					
	e) I can accept feedback					
	f) I can make decisions about my activities and take responsibility for my physical and emotional well-being					

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		Strength Area	Stretch Area	Area I want to Target
Profile 4	a) I can accept myself			
	b) I can recognize my strengths & stretches			
	c) I can advocate for myself and my ideas			
	d) I can engage with ideas and/or information that is challenging for me			
	e) I can be focused and determined			
	f) I can set goals and use strategies to accomplish them			
	g) I can persevere through a challenging task			
	h) I can tell when I am getting angry and/or upset or frustrated and I have strategies to calm myself			
	i) I can make choices that benefit my well-being and keep me safe in the communities that I belong to			
Profile 5	a) I can advocate for my rights			
	b) I know that I have valuable ideas and I can share them with others			
	c) I can explore controversial issues			
	d) I can imagine and work to make change in myself and the world			
	e) I can set priorities, implement, monitor and adjust a plan, and assess results			
	f) I can take responsibility for my learning, and seek help as I need it			
	g) I can use strategies to work towards a healthy and balanced lifestyle, for dealing with emotional challenges and/or for finding peace in stressful time			
	h) I can find the social support that I need			

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		Strength Area	Stretch Area	Area I want to Target
Profile 6	a) I can be aware of and take action in my journey of personal growth			
	b) I can reflect on my experiences as a way of enhancing my well-being and dealing with challenges			
	c) I can advocate for myself in stressful situations			
	d) I can take initiative to inform myself about controversial issues and take an ethical position			
	e) I can take ownership of my goals, learning and behaviour			
	f) I can act on what is best over time, in terms of my goals and aspirations			
	g) I can recognize the implications of my choices and consult with others who may be affected by my decisions			
	h) I can identify my potential as a leader in the communities that I belong to			
	i) I can sustain a healthy and balanced lifestyle			