Personal Awareness and Responsibility

In my class, I did this / these activities which helped me explore awareness & responsibility.

Check the box (✓) that best describe you as a personally aware and healthy individual. After you make your selections, give practical examples or evidence why that description is true.

☐ I ***take responsibility for my choices and actions***. I am accountable for the decisions and commitments I make and understand how my choices can affect others.

☐ I ***value myself***. I take pride in who I am, my ideas, and my accomplishments. I seek support when needed.

☐ I ***regulate myself***. I understand that learning and growth take time and patience. I persevere in difficult situations and strive to find peace in challenging circumstances.

☐ I ***take care of myself***. I recognize how my decisions impact my well-being. I make choices to be physically active and healthy. I manage stress.

☐ I ***show integrity online***. I make choices that contribute to online safety. My online actions affect both others and me positively.

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| **Here are some examples of my motivations and actions that support this belief:** |
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| --- | --- |
| **Ways I have developed awareness and responsibility** | **Areas I can continue developing** |
|  |  |

Now you can use what you have reflected upon here to write your competency reflection as an Edublog post: Go to your Edublog, open the Core Competencies tab, start a new post using the Self-Assessment template.