Personal Awareness and Responsibility

In my class, we did this / these activities that helped me explore awareness & responsibility.  
 **This table shows some aspects of personal awareness & responsibility. After reading the description, write down your strengths and your areas for further growth. If you didn’t address an aspect, you don’t need to fill those spaces in.**

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| --- | --- | --- | --- |
|  | **My Growth Areas** | **Description of Competence** | **My Strengths** |
| **Self Determination** |  | Values self, own ideas, and own accomplishments; can identify when support is needed and seek that help; can find purpose and motivation and act upon it; can advocate for themselves |  |
| **Self Regulation** |  | Takes responsibility for own choices and actions; understands, monitors and regulates own emotions; sets goals and works towards them; understands that learning and growth involve time and patience; can persevere in a difficult situation; understands how own actions affect self and others. |  |
| **Well Being** |  | Recognizes how own decisions impact mental, physical, social, cognitive, & spiritual well-being; takes increasing responsibility in care for self; makes choices to be physically active, healthy, manage stress, and acknowledge a sense of well-being; make choices that contribute to on-line safety, and safety in the community; developing strategies to find peace in challenging situations; recognizes the importance of positive feelings |  |

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.

Adapted from:  
BC Ministry of Education (2019) Personal Awareness & Responsibility. Retrieved from <https://curriculum.gov.bc.ca/competencies/personal-awareness-responsibility>