



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.

Here are some examples of my motivations and actions that support this belief:

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.