



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.

	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>