



Positive Personal and Cultural Identity: What Helps Shape Me

In my _____ class, I did this / these activities _____ which helped me explore my identity.

Check the box (✓) that best describes the factors that influence your identity. In the box provided, write some examples from your life that support your choice(s).

My identity is influenced by my **relationships and culture** – I understand that relationships and cultural context shape my identity; I define myself by my relationships with others and with the world.

My identity is influenced by my **personal values & choices** – I can define what I value; I can explain how my values are influenced by my life experiences; I understand how my personal values affects the choices I make in various aspects of life.

My identity is influenced by my **personal strengths & abilities** – I can identify my personality traits; I can acknowledge my skills & abilities; I can see myself as unique yet connected to a larger community; I can identify my traits as assets that can help direct what happens in various aspects of my life; I can explain how my traits influence my opportunities and my relationships in family, school, work, and community.

Here are some examples of my thinking that support this belief:

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Ways I have developed a positive identity	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.