



Positive Personal and Cultural Identity

In my _____ class, we did this / these activities _____ that helped me explore my identity.

This table shows some aspects of personal & cultural identity. 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
Relationships & Cultural Context		Understands that culture includes nationality, ethnicity, ability, sex/gender, sexual orientation, age range, geographic area, religion; understands that relationships and cultural context shape their identity; define themselves by their relationships with others and with the world.	
Personal Values & Choices		Can define what they value; can explain how their values are influenced by their life experiences; understands how their personal values affects the choices they make in various aspects of life.	
Personal Strengths & Abilities		Can identify their personality traits; can acknowledge their skills & abilities; can see themselves as unique yet connected to a larger community; can identify their traits as assets that can help direct what happens in various aspects of their lives; can explain how their traits are influencing opportunities & relationships in family, school, work, & community.	

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) Positive Personal & Cultural Identify. Retrieved from <https://curriculum.gov.bc.ca/competencies/ppci>