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**SELF-ASSESSMENT OF MY**

**CORE COMPETENCIES**

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| 1. **Select a personal and social skill you have recently practiced:**  * https://sophie.onlineschool.ca/uploads/images/gallery/2019-03-Mar/scaled-840-0/image-1553208203968.pngI understand I will continue to develop new abilities and strengths to help me meet new challenges. * I can make choices that benefit my well-being and keep me safe in my community,   including my online interactions.   * I can persevere with challenging tasks. * I can identify when others need support and provide it. * I use healthy strategies to find peace in stressful times. **Personal & Social** |
| 1. **A) Provide a recent example. How did you practice this skill? What did you do? Was it easy or challenging for you? Be specific.**   **B) What was the outcome or impact of your actions? How did this make you feel?** |
| 1. **My Goals/ Next Steps: What can you do to continue to develop this skill? How might you improve? When will you have another opportunity to practice this skill?** |

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

