

# Core Competencies

25% of mark for Career Education 9



Name: \_\_\_\_\_

**What:** 3 reflections are completed and uploaded into your “Core Competencies” portfolio in myBlueprint.

**Why:** Reflecting on your learning and skill development is a valuable life skill. Taking time to think about what you have done, understand the how and why and setting goals to develop skills is empowering. Accurate reflections over the course of your high school years will track personal growth.

**How:** Use the “Self Assessment of Core Competencies”, “Learning Reflection” or any other approved format to create a reflection. You need a total of 3 reflections. Write it, edit it, and re-read it, then get someone else to offer you feedback.

## REFLECTION WRITING TIP:

Answer these 3 questions...

**What:** What is the reflection about?

**So what:** What makes this interesting, insightful or valuable?

**Now what:** How will you apply what you’ve learned? What can you focus on?

## Evaluation:

A	B	C+	C	C-	Incomplete
3 reflections demonstrate outstanding connections, understanding and insight.	3 reflections show good and sometimes outstanding understanding and insight  Student makes thoughtful observations and assessments  Identifies and communicates evidence of their growing skills and abilities	2-3 reflections show good understanding	2-3 reflections show some understanding	1-2 reflections show minimal understanding	1 or no reflections demonstrate understanding or insight

**Due Date:** All 3 reflections are due on May 1<sup>st</sup>. They will be assessed during fixed flex. You can apply feedback to change and improve your reflections before the final evaluation at the June Conversation.

**Questions?:** Ask any LSS staff member (teacher, SEA, career advisor, etc.) , if they don’t know the answer they will send you to someone who will.