A diagram of a person's personal and social communication

Description automatically generatedSelf-Reflection and Goal Setting

The new reporting system must include student-generated content including student self-reflection of the Core Competencies and student goal setting to be added on their written report cards.

A close-up of a text

Description automatically generatedAs this is a new process, especially for LEC students who may have not seen the core competency, here are the three core competencies and their definitions.

self-reflection of Core Competencies and goal setting components

* During the school year, students self-reflect and self-assess on their Core Competency development, and it is shared in the course report card.
* Every Core Competency does not need to be reflected on during a school year.
* Goal setting also does not need to be in relation to the Core Competencies.
* Self-reflection and goal setting do not need to go in the student permanent record.
* This will be individualized. Can be done as a written essay, point form, drawings, video, portfolio, etc.
* You do not need to reflect on all three core competencies.
* The core competencies are large concepts, and you can concentrate on certain aspects.

Read through the following examples of questions you can consider when writing a self-reflection or when goal setting in your course(s).

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A screenshot of a chat

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A checklist with black and white text

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A close-up of a magazine

Description automatically generatedA person using a computer

Description automatically generatedA child wearing headphones writing on a computer

Description automatically generated

If you prefer to write/type your reflection, you can use this template for your self-reflection. Fill it in and hand back to me OR open the doc on my website, fill it in on the computer and email it to me at [adhiman@sd35.bc.ca](mailto:adhiman@sd35.bc.ca).

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| Start of course Reflection  Use this space to reflect on one or more of the core competencies (Communication, Thinking, Personal & Social): |
| **FULL NAME:**  **DATE:**  **COURSE:**  **REFLECTION:** | |

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| end of course Reflection  Use this space to reflect on one or more of the core competencies (Communication, Thinking, Personal & Social): |
| **FULL NAME:**  **DATE:**  **COURSE:**  **REFLECTION:** | |