A

What **curricular competency** did you select for this course?

Why did you choose this competency?

Which **core competency** does it relate to?
(circle one)

C   T   PS

How would you rank your **proficiency** in the **curricular competency**?

☐ Emerging   ☐ Developing   ☐ Proficient   ☐ Extending

_____
(course)

B

What **curricular competency** did you select for this course?

Why did you choose this competency?

Which **core competency** does it relate to?
(circle one)

C   T   PS

How would you rank your **proficiency** in the **curricular competency**?

☐ Emerging   ☐ Developing   ☐ Proficient   ☐ Extending

_____
(course)

Self-Reflection and Goal Setting

Name: _____

Learning Update: 1—Fall 2023

What is your **realistic and achievable** semester 1 goal, academic or personal, that you'd like to set?

Why is this goal important to you?

What is your **clear path** to achieve this goal?

C

What **curricular competency** did you select for this course?

Why did you choose this competency?

Which **core competency** does it relate to?
(circle one)

C   T   PS

How would you rank your **proficiency** in the **curricular competency**?

☐ Emerging   ☐ Developing   ☐ Proficient   ☐ Extending

_____
(course)

D

What **curricular competency** did you select for this course?

Why did you choose this competency?

Which **core competency** does it relate to?
(circle one)

C   T   PS

How would you rank your **proficiency** in the **curricular competency**?

☐ Emerging   ☐ Developing   ☐ Proficient   ☐ Extending

_____
(course)

SA SECONDARY

Math Department

△C Explore, analyze, and apply mathematical ideas using reason, technology, and other tools.

△C Apply flexible and strategic approaches to solve problems.

△T Explain and justify mathematical ideas and decisions in many ways.

Science Department

△C Communicate scientific ideas and information by using evidence-based arguments and appropriate scientific language.

△T Use knowledge of scientific concepts to analyze patters and draw appropriate conclusions.

△PS Demonstrate a curiosity about scientific topics or problems of a personal, local, or global interest.

English Department

△C Transform ideas and information to create original texts, using various forms, structures, and styles.

△T Think critically, creatively, and reflectively to analyze ideas within, between, and beyond texts.

△PS Evaluate the relevance, accuracy, and reliability of texts.

ADST

△T Prototyping: identify and apply sources of inspiration.

△C Sharing: demonstrate and assess their ability to work effectively both individually and collaboratively, including their ability to share and maintain an efficient co-operative workspace.

△PS Applied Skills: apply safety procedures for themselves, co-workers, and users in both physical and digital environments.

Humanities Department

△PS Recognize and evaluate sources to assess how they influence our personal and collective beliefs.

△T Recognize and describe different perspectives and ways of knowing in the past and in the present.

△C Use a process of inquiry to analyze questions or ideas and communicate these findings.

PHE Department

△PS Describe your fitness habits and/or your health, and how you might work towards an improvement in strength, endurance and overall health.

IE: goal-setting, nutrition, bones/muscles/connective tissue, FITT principle, sleep/rest/recovery. Different types of programs lead to different results and well-being.

△PS Describe how your attendance, effort, and social conduct affects your growth and development in a gym setting.

IE: emotional regulation, inclusivity, adaptability, sportspersonship, leadership, attitude.

Art

△T I will use creativity and originality to create my art.

△PS I will challenge myself when creating new artwork.

△C I will demonstrate respect for self, others, and place through art making.

Music

△C I will collaborate to express personal voice, identity, and perspective through music.

△T I will take creative risks in music.

△PS I will develop and adapt technical skills.

Dance

△T I will demonstrate physical awareness od dance elements and techniques.

△T I will select, combine, and manipulate dance elements and technical skills to intentionally convey a particular mode, meaning, or purpose.

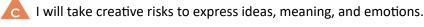△PS I will perform simple and complex movement phrases in large groups and small groups.

Musical Theatre

△T I will explore and create musical theatre collaboratively, using imagination, observation and inquiry.

△PS I will select and combine conventions from drama, music, and dance.

△C I will take creative risks to express ideas, meaning, and emotions.

Drama 11

△C I will create, rehearse and refine dramatic works through collaborative and individual presentation or performance.

△PS I will improvise and take creative risks using imagination, exploration, and inquiry.

△T I will receive and apply constructive feedback to develop and refine ideas.

Drama 12

△C I will create, rehearse, and refine dramatic works through collaborative and individual presentation or performance.

△PS I will develop a repertoire of dramatic skills, vocabulary, and techniques through presentation or performance.

△T I will improvise and take creative risks using imagination, exploration, and inquiry.

Theatre Company 12

△T I will create theatre productions collaboratively using a variety of methods.

△C I will take creative risks to express ideas, meaning, and intent.

△PS I will refine performance based self-reflection, audience response, and director feedback.