

Core Competencies - Examples

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Grade 9

GRADE 9

POL DAY INTERVIEW

Tuesday, June 25th

For the individual Presentations of Learning, grade 9 students will be expected to...

- Create a professional Presentation of Learning reflecting **all three** Core Competencies.
 - Give at least 2 specific examples of when you have used each Core Competency (inside or outside of school), at least **six examples total**.
 - Explain how you have demonstrated **growth** in each Core Competency over the course of this school year. Include in here resources and mentors who helped your growth.
 - Describe at least **2 realistic goals** for next year (inside or outside of school) in relationship to the core competencies.
 - Explain, in detail, **2 of your career clusters** explored during Careers 9. Include at least **one work or volunteer opportunity** that would help prepare you for one of these career clusters.
 - You will also be responsible for **inviting an adult** who is significant to your life (parent, relative, family friend) to your presentation and communicating the time and date of your presentation to that person.
- Complete a written self-assessment on **all three** Core Competencies.

Professional Presentation - Platform/Presentation Ideas

You will be demonstrating understanding and development on the three core competencies. Here are some suggestions on how you might do that:

- Create a Powerpoint/Slides/Prezi/etc... presentation→ you go through each of the slides using a computer
 - Can include text, pictures, videos
- Create a poster
 - Can include own drawings, text, pictures, make into a collage, graphic organizer, mind map, etc...
- Bring in props/examples/exemplars and read off cue cards to present your material

REMEMBER - You will be providing at least 2 examples for each core competency from your own life. As well, you will explain one way on how you have shown growth in each competency.

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**Personal and
Social
Awareness**

A yellow starburst shape with a grey outline, containing the text 'Communication'.

Communication

A green starburst shape with a grey outline, containing the text 'Thinking'.

Thinking

Demonstrating Understanding and Growth

Two examples for each core
competency



What examples in your life
demonstrates your understanding
and growth in the three core
competencies?

Communication Suggestions...

How do you speak to your parents?

How do you interact with your teachers?

How did you work on a group project?

How did you speak in an interview?

How do you interact with teammates/coaches?

How do you demonstrate communication in an extracurricular group - clubs, teams, groups, drama groups?

Do you participate in class discussions? How?

Thinking (Creative/Critical) Suggestions...

How do you solve a problem?

How do you make important decisions? Peers, parents, self?

How do you demonstrate creativity - art, music, drawing, dancing, school projects, at home, video production, drama?

Are you innovative? Can you think outside the box? Do you like creating new ideas/plans? (coding, animation, Dragon's Den, Shark Tank, created own business like lawn care)

STEM activities

Cross-curricular disciplines

Do you think about the future? Do you plan for the future?

Do you construct plans?

Brainstorm?

Are you open to new ideas? Are you open minded?

Personal/Social Suggestions...

Moral Compass/Right vs. Wrong - Your friends are going to a party with alcohol, how do you decide what your best interest is?

Bullying? What do you do in a situation as a bystander?

Community involvement - volunteering at races, hospital, church, sporting events, charities, homeless shelters, working with the elderly, cleaning up

Sustainability - garbage, recycling, environmental issues, clean water, pollution,

How do you understand people's feelings?

Are you considerate of others?

Health - do you try to uphold a healthy lifestyle? What do you do? Is it important to you? (Reading, activity, food)

Mental wellness - what do you do to relax? How do cope with anxiety? How do cope with stressors?

Are you a good digital citizen?

Realistic Goals Suggestions...

Make a team (basketball, volleyball, soccer, etc)

Get a job

Get your driver's license

Be more outgoing - join a club at school; join the school play

Healthy lifestyle - exercising more often; eating nutritious meals; getting more sleep

Set-up a savings account

Become a leader - church, groups, clubs, etc

Be friendlier - say hi to everyone you see, sit with someone new, invite someone you don't know over

Career Clusters

- Agriculture, Food and Natural Resources
- Architecture and Construction
- Arts, Audio/Video Technology and Communications
- Business, Management and Administration
- Education and Training
- Finance
- Government and Public Administration
- Health Science

- Hospitality and Tourism
- Human Services
- Information Technology
- Law, Public Safety, Corrections and Security
- Manufacturing
- Marketing, Sales and Service
- Science, Technology, Engineering and Mathematics
- Transportation, Distribution and Logistics

Areas of Growth

Examples



What examples in your life demonstrates your growth in the three core competencies?

Core Competencies Growth - Communication

- I am now more willing to share my ideas with others during group projects and advocate for what I think is right. For example...
- I am better at listening to others when they are speaking and provide feedback in a constructive and positive manner. Before I would not provide useful feedback or not listen fully to what people were saying. For example...
- I listen to my friends and try to provide support if they need it. For example...
- I now ask open-ended questions or critically analyze situations so I make an informed decision. For example...
- I am good at drawing/writing/science/math/etc... so I help others when they need help with their own work.

Core Competencies Growth - Thinking (Critical/Creative)

- I used to have a hard time adapting to new ideas, but now I make an effort to be more flexible, like if our family plans change I go with the flow.
- In drama/band/etc... class, I have become more confident and skilled.
- I have created some paintings/art/coding/poems/music/etc that I am very proud of and let others see/hear/etc..
- I recognized that I am happiest when I am being creative, so I take both Art and Drama at school.
- I was not organized, so now I use my cell phone to plan homework and studying
- Before, when I didn't do well, I just put off learning the information. Now I reflect on where I went wrong and apply that knowledge to my next assignment.

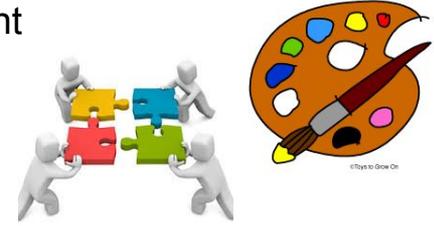
Core Competencies Growth - Personal/Social

- I used to just participate in my youth group at church, now I am part of the planning group.
- When I was in grade 7 and 8, I had a hard time with group projects, but now I am learning to accept ideas from other people.
- I used to do dangerous activities, but now I plan after school activities that are healthy and fun.
- I used to hang out with a peer group that wasn't good for me, but I have identified positive role models in my life and try to choose friends that have a positive peer influence.
- I make more of an effort now to be welcoming to new students.
- I volunteer around the school. I used to be intimidated by the older students.
- In grade 7, I didn't pay attention to what kind of foods I was eating, but now I am conscious of not having too much junk food.

Part time job



Science experiment



Group work

Communication

Thinking

Core Competencies



5 SIMPLE WAYS TO GET ORGANIZED...



New ideas



Career Clusters

Goals



Personal/Social

Volunteer



Exercising

Goal Setting



Healthy Food



Human Services



Finance