



Why is my child self-reflecting and setting goals?



How can self-reflection and goal-setting help students?

Our world is constantly changing. It's still important for students to learn facts and information, but it's also important for students to learn how to think, communicate, and interact with others. This is where the Core Competencies come in. The Core Competencies are part of BC's curriculum, so every day your child goes to school, they will be building these skills.

Self-reflection and goal setting are important life skills for students to learn from the earliest age. These skills will help them succeed both in school and in their future, including in the workplace. Self-reflection and goal setting will help your child understand themselves better, work toward and meet their goals, and celebrate their successes.

Self-reflection and goal setting:

- actively involves your child in their learning **from Kindergarten through Grade 12**
- helps your child understand their strengths and challenges
- teaches your child how to set goals and work toward them
- develops the skills your child will need to be successful in school and in the future



What are the Core Competencies?

The Core Competencies (Communication, Thinking, and Personal and Social) are part of the BC curriculum. Learning these skills sets students up for success in school, in the workplace, and in their relationships with others.

Like you, your child's teacher is helping your child build these skills every day. This is how your child will learn how to have healthy friendships, care about others, communicate well with others, think critically, and solve problems.



What will you see on the report card?

Self-reflection on the Core Competencies and the goal-setting process are meant to be meaningful for your child. The ministry doesn't require a specific format for all students in the province. This could be a written response, an art project, an audio or video recording, a portfolio entry, or something else. Your child's school will decide what makes the most sense for all students in the school.

On each written report that you receive, your child's teacher will tell you where you can find your child's reflections and goals.



What is self-reflection and goal setting?

Your child will be reflecting on their communication, thinking, and social skills (Core Competencies). Self-reflection is when your child thinks deeply about the skills they have developed, and how they can continue to grow those skills.

Your child will also be setting goals. Goal setting is deciding on a learning target and then working toward it. As your child sets goals and works toward them, they are shaping their future. When they have a problem, they will learn how to find creative solutions instead of getting stuck.

Research shows that students do better when they have a say in their learning. Self-reflection and goal setting gives them that chance.

