

SELF-MANAGEMENT SKILLS PROFILE

- I arrive on time.
- I use class time efficiently to get my work done.
- I come to class prepared with all materials needed.
- I can meet deadlines.
- I keep and use a weekly planner for assignments.
- I keep my stuff organized.
- I use technology effectively and productively.
- I can 'bounce back' after adversity, mistakes and failures.
- I can cope when things change.
- I work to develop new skills, techniques and strategies for effective learning.
- I can stay focussed and avoid distractions.
- I create plans to prepare for projects, exams and performances.
- I practice strategies to reduce stress and anxiety.
- I am reflective about my learning.
- I set goals that are challenging and realistic.
- I reflect on my strengths and weaknesses.
- I can motivate myself.
- I use appropriate strategies for organizing complex information.
- I reflect on what I can do to become a more efficient and effective learner.
- I practice strategies to develop mental focus.
- I practice strategies to overcome impulsiveness and anger.
- I can manage my state of mind through self-motivation, self-control, and perseverance.
- I plan strategies and take action to achieve personal and academic goals.
- I practice analyzing and attributing causes for failure.
- I can identify strengths and weaknesses in my own work and set goals to improve.

COMMUNICATION SKILLS PROFILE

- I communicate information and ideas clearly when writing.
- I communicate information and ideas clearly when speaking.
- I take effective notes in class.
- I use appropriate speaking techniques (tone, volume, pace and intonation) to communicate to an audience.
- I justify my ideas and opinions with supporting examples and explanations.
- I organize information in a coherent and logical way.
- I use appropriate forms of writing for different purposes and audiences.
- I can effectively use non-verbal communication and understand others when they use it.
- I collaborate productively with others using a variety of digital environments and media.
- I can share ideas with multiple audiences using a variety of digital environments and media.
- I make effective summary notes for studying.
- I can negotiate ideas and knowledge with peers and adults.
- I can write for different purposes.
- I can structure information in summaries, essays and reports.
- I can use a variety of speaking techniques to communicate with a variety of audiences.
- I make inferences and draw conclusions.

THINKING SKILLS PROFILE

- I can show the development of my ideas.
- I can generate new ideas or approaches.
- I can identify obstacles and challenges.
- I use effective learning strategies.
- I can analyze ideas and possible solutions.
- I can evaluate ideas and solutions.
- I can draw reasonable conclusions and generalizations.
- I can revise my understanding based on new information and evidence.
- I can make connections between skills and knowledge learned in different subjects.
- I inquire in different contexts to gain a different perspective.
- I can interpret data.
- I use brainstorming and visual diagrams to generate new ideas and inquiries.
- I practice visible thinking strategies and techniques.
- I generate metaphors and analogies
- I combine knowledge, understanding and skills to create products or solutions.
- I can gather and organize relevant information to formulate an argument.
- I can formulate factual, topical, conceptual and debatable questions.
- I apply skills and knowledge in unfamiliar situations.
- I make guesses, ask “what if” questions and generate testable hypotheses.
- I apply existing knowledge to generate new ideas, products or processes.
- I create original works and ideas and can use existing works and ideas in new ways.
- I consider ideas from multiple perspectives.
- I can evaluate evidence and arguments.
- I can develop multiple opposing, contradictory and complementary arguments.
- I can generate solutions after considering things from multiple perspectives.
- I can recognize unstated assumptions and bias.
- I can develop contrary or opposing arguments
- I can analyze complex concepts and projects into their constituent parts and synthesise them to create new understanding.
- I make unexpected or unusual connections between objects and/or ideas.
- I consider multiple alternatives, including those that might be unlikely or impossible.
- I practice flexible thinking – develop multiple opposing, contradictory and complementary arguments.
- I compare conceptual understanding across multiple subject groups and disciplines.
- I make connections between subject groups and disciplines.

SOCIAL SKILLS PROFILE

- I listen actively to others' perspectives and ideas.
- I include others in my groups.
- I take full responsibility for my role and individual tasks in a group setting.
- I help others succeed when possible.
- I engage with classroom activities.
- I engage with my classmates.
- I use social media appropriately to build and develop relationships.
- I show empathy with how I treat others.
- I make fair and equitable decisions in a group setting.
- I encourage others to contribute.
- I negotiate effectively in a group setting.
- I show leadership in a group setting.
- I can take on a variety of roles within groups.
- I advocate for my own rights and needs.
- I share the workload and responsibility for decision making in a fair and equitable way.
- I can manage and resolve conflict in a group setting.
- I give and receive meaningful feedback.
- I can put differences aside to accomplish goals in a group.

RESEARCH SKILLS PROFILE

- I can locate the appropriate information for my research tasks.
- I can cite my sources of ideas and information in a recognized format like MLA or APA.
- I follow copyright guidelines around the ethical use of images.
- I can collect, record and verify information.
- I make informed choices about personal viewing experiences.
- I understand the value of primary and secondary sources.
- I can present information in a variety of formats and platforms.
- I can evaluate and select information sources and digital tools based on their appropriateness to my tasks
- I can effectively interpret, analyze and evaluate information appropriate to a research task.
- I can organize information in a systematic way.
- I seek a range of perspectives from multiple and varied sources.
- I can process data and report results.
- I can collect and analyze data to identify solutions and make informed decisions.
- I demonstrate awareness of media interpretations of events and ideas (including digital social media)
- I seek a range of perspectives from multiple and varied sources.
- I can synthesize information to create new understanding.
- I can demonstrate awareness of media interpretations of events and ideas (including digital social media).
- I can use critical literacy skills to analyze and interpret media communications.
- I understand the impact of media representations and modes of presentation.