Copy and paste the one or more of the following profile statements into your ATL-Self Reflection.

**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 more 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**

- 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.

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