

Career Life Connections 12— *Core Competency Reflection*

Look back to Module 1 Lesson 1 for the full list of competencies

Communication

Creative & Critical
Thinking

Personal Awareness &
Responsibility

With which core competency do you feel the most confident?

Describe the situations where you demonstrate this core competency. This may help reflect on how your confidence was developed.

When you are demonstrating this competency, how does it make you feel? Explain.

Which competency do you feel you need to develop further over the next year? Why?

Describe how you plan to develop that core competency in terms of curricular or extra-curricular activities within school, or outside of school. This could mean setting goals for yourself!

Through Career Life Education 8-11, it has been stressed that development of core competencies is beneficial in both career and life. As you are nearing graduation, explain how you personally demonstrate the competencies both in career and life, and how you plan to continue your growth beyond graduation.