



CLC & Capstone

It wasn't that long ago that you were introduced to the concept of **core competencies** and how development of your core competencies will assist you in making the integral connections between career and life. What you may not know, though is how much your ability to reflect and analyze growth in the core competencies will assist you in making your career-life decisions.

The core competencies are a set of **intellectual, personal, and social** competencies that are based on your own individual strengths; what you **can** do and how to plan for growth in each of the three areas. Your core competencies can be demonstrated in many different ways both at school, and in your activities outside of school.

Now that you have reached Career Life Connections 12, it is important to proactively think about the work you will do in your courses and how you can show evidence of your intellectual, personal and social competencies. Through connecting evidence of competencies to your future goals and aspirations, you be able to better analyze what you need to develop such competencies in your school and personal life.

Just in case you needed a reminder of the core competencies, we have listed them below. In the next assignment, and throughout not only Career-Life Connections 12 but also development of your Capstone Project, you will continue to relate the importance of core competencies to deep and lifelong learning!

Communication: How students share and exchange information, experiences and ideas, explore the world around them, and understand and effectively engage in the use of digital media

- Connect and engage with others (to share and develop ideas)
- Acquire, interpret, and present information
- Collaborate to plan, carry out, and review constructions and activities
- Explain/recount and reflect on experiences and accomplishments

Creative Thinking: How students generate new ideas and concepts that have value to the individual or others, and the develop these ideas and concepts from thought to reality.

- Ideas have novelty and value
- Generating ideas
- Developing ideas

Critical Thinking: How students make judgments based on reasoning: consider options; analyze these using specific criteria; and draw conclusions and make judgments.

- Analyze and critique
- Question and investigate
- Develop and design

Positive Personal and Cultural Identity: How students develop awareness, understanding, and appreciation of all the facets that contribute to a healthy sense of oneself. It includes awareness and understanding of your family background, heritage(s), language(s), beliefs, and perspectives in a pluralistic society.

- Relationships and cultural contexts help to shape who you are
- Personal values and choices
- Personal strengths and abilities

Personal Awareness and Responsibility: how students use the skills, strategies, and dispositions to stay healthy and active, set goals, monitor progress, regulate emotions, respect their own rights and the rights of others, manage stress, and persevere in difficult situations.

- Self-determination (a sense of personal value and growing confidence)
- Self-regulation (taking responsibility for your own choices and actions)
- Well-being (mental, physical, emotional, social, cognitive, and spiritual wellness)

Social Responsibility: how students contribute positively to one's family, community, society, and the environment; to resolve problems peacefully; to empathize with others and appreciate their perspectives; and to create and maintain healthy relationships

- Contributing to community and caring for the environment
- Solving problems in peaceful ways
- Valuing diversity
- Building relationships