Career life education is the perfect course to develop your **core competencies.**If you need a reminder of what core competencies are and how they relate to your learning, here is a quick reminder! As you enter Grade 10 and start building your Capstone project for graduation, having an understanding of core competencies and how they relate to your learning will assist you in building your project.

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. The good news is that every piece of work you have done in this course has reflected at least one of your core competencies, and you will continue to develop your core competencies throughout your adulthood!

As we are now at the end of Career Life Education 9, it is important to look back and reflect on the work you have done in this course and how you have shown evidence of your intellectual, personal and social competencies. By recounting our evidence this year, you can then think ahead as to how you want to further develop the competencies in your school and personal life.

Reminder of the six **Core Competencies:**

***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 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

**Complete the Module 6 Lesson 1 Assignment**