

CORE COMPETENCY SELF- ASSESSMENT

2024/2025



- This is your final Core Competency self-assessment of the year. Thank you for your continued effort and thoughtfulness throughout the process!
- You reflect on these skills because they help you grow as both a student and a person. By taking the time to reflect and develop how you think, communicate, and connect with others, you build confidence, strengthen relationships, and learn how to make a positive difference for yourself and the community, in ways that matter most to you.



June 2025: Reflecting on Core Competencies and Goals

1. Reflect on **the 3** core competencies:
 - Communicating and Collaborating
 - Personal & Social
 - Thinking
2. Set **ONE** new goal or update your previous goal.
 - Add it to your **goal-setting folder**
3. When finished, you should have **four** new posts in Spaces.



What it means:

Communicating

Communication is about how you share your ideas and understand others. It includes speaking, listening, writing, using visuals, and working with others.

What it looks like:

- Sharing your thoughts clearly in class, writing, or presentations
- Listening to others and asking good questions
- Working in a group and making sure everyone has a voice
- Using pictures, diagrams, or digital tools to explain your ideas

Examples:

Explaining your thinking in a science lab, writing a persuasive essay, or collaborating on a group project.

Personal & Social

This is about knowing yourself, managing your emotions, making good choices, and building positive relationships with others. It includes personal awareness, responsibility, and social skills.

- Knowing your strengths and challenges and setting goals
- Taking responsibility for your learning and behaviour
- Showing empathy, kindness, and respect for others
- Working well with different people and solving conflicts



Staying focused during a project, helping a teammate, or reflecting on how you can improve.

Thinking

Thinking is about solving problems, being creative, and using your brain in new and flexible ways. It includes critical thinking (analyzing, making decisions) and creative thinking (coming up with new ideas).

- Asking questions and looking for evidence
- Making a plan and adjusting when something doesn't work
- Coming up with creative solutions or new ideas
- Making connections between different subjects or real life

Designing an experiment, analyzing a historical event, or creating a piece of art or music.



Download the Spaces App

Android



Apple



How to Find and Complete the Self-Assessment

- Open the **Spaces App** or

Go to: <https://ca.spacesedu.com/>



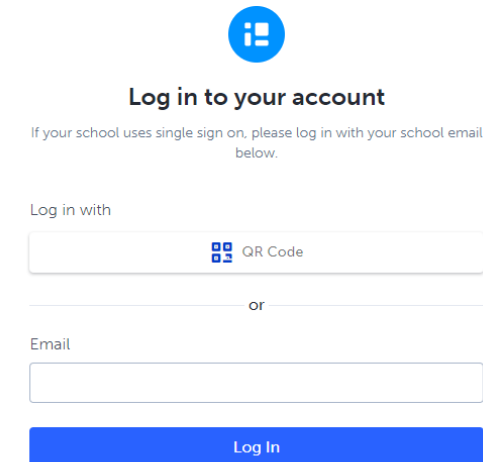
- Use your *Surrey Schools email and password* to sign in or scan your individual QR code provided by your teacher.



Logging in from the Spaces Website

If you choose to access Spaces through the browser (not the app)

- Be sure you are on the **Canadian** website (look for the flag)
- Login by entering your **Surrey Schools email**
- Enter your **password on the Surrey Schools login “pop up” screen**



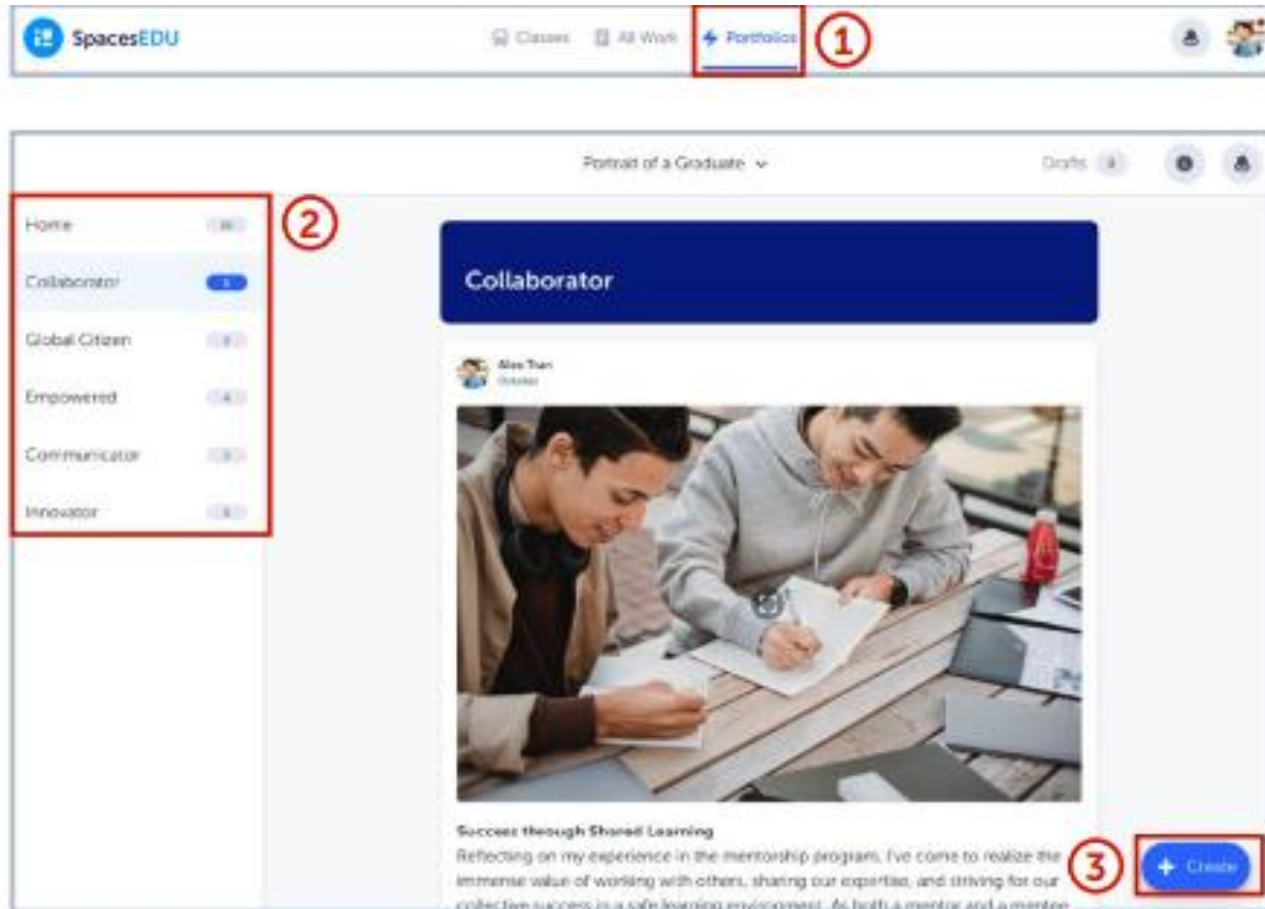
The screenshot shows the login interface for the Spaces website. At the top, there is a blue circular icon with a white 'i' and a small flag. Below it, the text 'Log in to your account' is displayed. A note states: 'If your school uses single sign on, please log in with your school email below.' Underneath, there is a 'Log in with' section featuring a QR code icon and the text 'QR Code'. Below this is a horizontal line with the word 'or' in the center. Further down is an 'Email' label followed by a text input field. At the bottom of the form is a blue button labeled 'Log In'.

This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

Important: Apple users not using the Spaces App

- You will need to disable the pop-up blocker by going to:
 - General Settings >>> Safari >>> Selecting the **toggle to “Off” to allow pop ups**
 - Close all open tabs and re-open to the Spaces website again. You will only input your password from the Surrey Schools “pop up”.

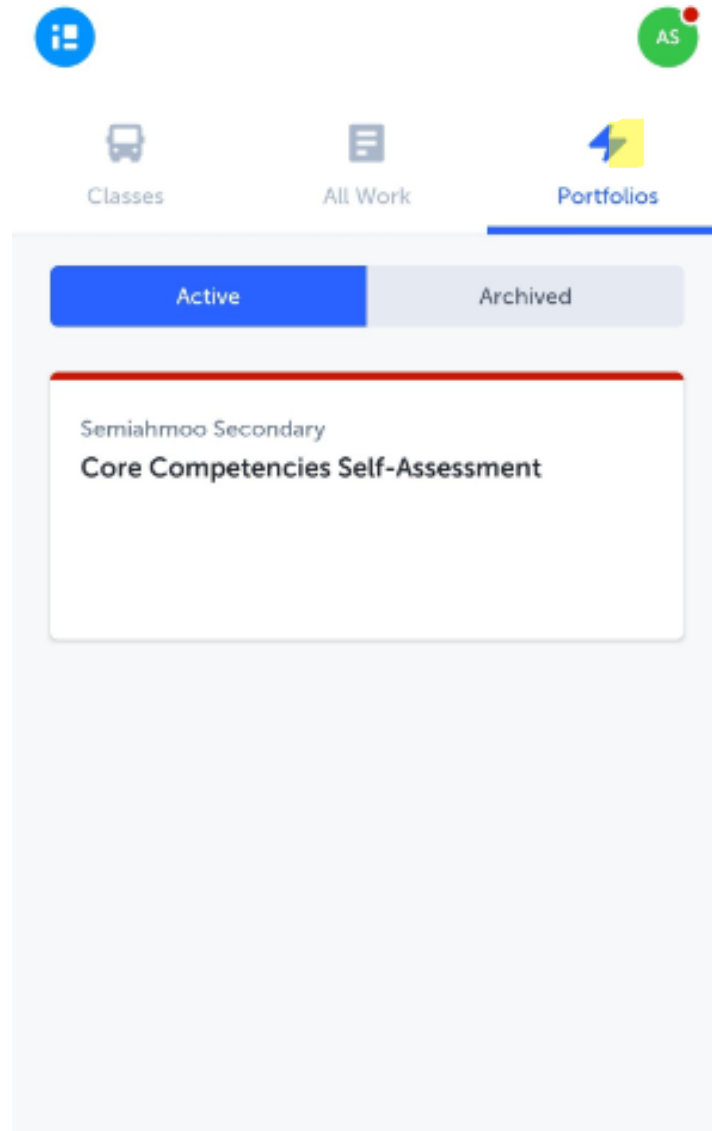
How do I access my portfolio once I've logged on?



1. Start from the Home Screen. Click the **Home button** in the top right corner if you are in a "Class Space" (ex. you are in your Scimatics class).
2. From your Dashboard, click **Portfolios (lightning bolt)** in the top navigation
3. Click into your Portfolio "**Core Competencies Self-Assessment**". Click on the Core Competency that you are reflecting on.
4. Review the instructions and links that will support you in creating your first artifact.
5. When you're ready, click **Get Started** in the top right to create your post/entry.

Click your **Core Competency Portfolio**

Select “Get Started” and “Create”

A screenshot of a 'Create Post' form. At the top, there is a navigation bar with a back arrow, the text 'Create Post', a 'Save Draft' button, and a checkmark icon. The form has three main sections. The first section is 'Title', with a text input field containing the placeholder 'Title...'. The second section is 'Post Description', with a large text area containing the placeholder 'Write your post...' and a character count '0/5000'. Below the text area is a rich text editor toolbar with icons for bold (B), italic (I), underline (U), bulleted list, numbered list, link, and unlink. The third section is 'Post Selections', which includes a 'Post to' label with a red asterisk, a 'Portfolio' dropdown menu currently showing 'Core Competencies Self-Assessment', and a 'Section' dropdown menu currently showing 'Personal & Social (1)'. The 'Section' dropdown is highlighted with a yellow background.

- Add your title, description, and up to 10 media artifacts
- Upload a picture, file, audio clip, or write a comment to describe your artifact or piece of evidence, and why it is something you are proud of.
- Confirm which Section you want the post to be under (i.e. Personal & Social)
- When you are finished, click "Post."

The screenshot shows the 'Create Post' interface. At the top right, there are 'Save Draft' and 'Post' buttons, with an arrow pointing to the 'Post' button. The form is divided into two main sections: 'Post Details' and 'Post Selections'. In the 'Post Details' section, the 'Media' area is highlighted with an arrow, showing options for Camera, Audio, File, Drive, OneDrive, and URL. Below it, the 'Title' field is highlighted with an arrow and contains the text 'Personal & Social Self Assessment: Terry Fox Run October 2024'. The 'Post Description' field is also highlighted with an arrow and contains the text 'The artifact I have chosen....'. In the 'Post Selections' section, the 'Section' dropdown is highlighted with an arrow and shows 'Personal & Social (1)' selected. The 'Post to*' section shows 'School' and 'Portfolio' dropdowns, both currently set to 'Semiahm...' and 'Core Com...' respectively.

Create Post

Save Draft Post

Post Details

Media Add up to 10 files

Camera Audio File Drive OneDrive URL

Title

Personal & Social Self Assessment: Terry Fox Run October 2024

61/100

Post Description

The artifact I have chosen....

30/5000

B I U List Bulleted Numbered Indent

Post Selections

Post to*

School

Semiahm... CURRENT

Portfolio

Core Com... CURRENT

Section

Personal & Social (1)

Getting Started

The next slides have more details on how to complete your reflections. There are also additional documents (found on Spaces and the school website) that contain examples to help you get ideas.

Refer to the list of **core competency examples** provided at the end of the slides for some ways you may have experienced the core competency you are focussing on.

Consider how you may have demonstrated these skills in any of your **classes**, as parts of **clubs/teams**, during **school events**, or **outside of school**.

You can refer to the **reflection example** provided if you are unsure of how your final post might look. *Remember, you can showcase your learning and growth in many ways, including writing, drawings, pictures, audio, and videos!*

Step 1: Find an example of growth or success in the focus core competency

- Explain your example under “post description”, or upload one of the following:
 - A picture
 - A file
 - An audio recording of you describing what you chose



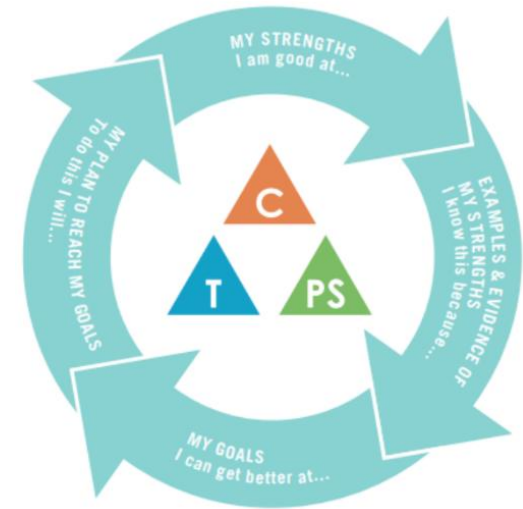
Step 2: Explain why you chose the example.






- Add details to your post by **describing** how the example shows growth or success.
 - Write this under “post description”, upload an audio recording of your explanation, or upload a file/picture
- Sentence starters to help you describe your choice:
 - The example that I chose shows improvement in how I...
 - I am proud of how I...
 - This artifact shows that I can....
 - I have demonstrated _____ by....

****Repeat for all three core competencies****

Step 3. Goal Setting

- Select your “**Goal Setting**” folder and click the blue “**Create**” button to make a new post.
- Set ONE skill-based goal related to a relevant core competency
 - The next slide has points to consider when setting a goal.
- Add your goal using a method of your choice (typing, audio clip, file/picture of your written response).



<input type="text" value="Search Sections..."/>		
<hr/>		
	Home	2
	Personal & Social (1)	1
	Communication (2)	0
	Thinking (3)	0
	Goal Setting	1

Consider the following when Goal Setting:



Specific: Define your goal clearly, consider how it will benefit you, your relationships, the community, or the environment.



Meaningful: Consider how the goal aligns with your values, culture, or well-being. Why is it important?



Achievable: Think about how you will reach this goal, and how those around you can support you in reaching the goal.



Reflective and Flexible: How will you know you are improving? What will success look like?



Time: When will you revisit this goal? In September? Next June?

Examples: Communication and Collaboration

- **Share** my ideas **clearly**
- **Actively listen** to others
- **Understand the meaning** and intent of information
- **Ask questions** to deepen understanding
- **Adjust how I communicate** for different audiences
- Use **different ways** to **share ideas** (words, visuals, technology)
- **Work together** towards common goals
- Solve problems **as a team**
- **Encourage and support** others



Examples: Personal & Social

- Recognize my **strengths and areas to grow**
- **Ask for help** when it is needed
- Understand and regulate my **emotions and actions**
- Take care of my mental and physical **well-being**
- Make **thoughtful choices** that match **my values**
- Take **ownership** of my actions and learning
- Understand how **culture and experiences** shape who I am
- **Include others and make sure everyone feels welcome**
- Build **friendships** and connections
- **Support and take action to improve** my community and the environment
- Solve problems in **fair and respectful** ways
- **Appreciate and respect** differences



Examples: Thinking Critically and Creatively

- Come up with **new ideas** or **different ways to solve problems**
- Take creative risks and **learn from mistakes**
- **Learn from others'** ideas to improve your own thinking
- Use imagination to **create something original**
- **Ask questions** to understand and learn
- **Examine evidence** to make informed decisions
- **Reflect on your thinking** and adjust when needed
- **Connect** new learning to what you already know
- Plan, set goals, and **monitor your progress**
- Consider **different points of view** before deciding

