**Personal and Social Examples: What I can do**

Do you have examples of times that you have demonstrated any of the “I can” statements below? Use these to help you choose your exemplar/artifact and start your explanation of your learning and progress.

**Personal Awareness and Responsibility**

1. **Self-Advocacy & Well-being**
   * I can recognize my emotions and use strategies to manage them.
   * I can ask for help when I need it and advocate for my learning.
   * I can identify and use personal strategies to stay focused and motivated.
   * I can manage my time effectively to meet deadlines and balance my responsibilities.
   * I can make healthy choices that support my physical and mental well-being.
2. **Resilience & Perseverance**
   * I can stick with difficult tasks and persevere even when I encounter challenges.
   * I can reflect on my mistakes and use them as learning opportunities.
   * I can set realistic goals and create a plan to achieve them.
3. **Self-Regulation**
   * I can manage my stress in productive ways, especially in challenging situations.
   * I can stay calm when things do not go as planned and adapt to new situations.
   * I can balance schoolwork, extracurricular activities, and personal life.

**Positive Personal and Cultural Identity**

1. **Personal Strengths & Abilities**
   * I can identify my strengths and use them to support my learning.
   * I can recognize areas where I need to improve and work towards growth.
   * I can reflect on my values, interests, and goals to understand what motivates me.
2. **Belonging & Self-Worth**
   * I can recognize how my personal experiences shape who I am and how I see the world.
   * I can celebrate my achievements and appreciate my own contributions.
   * I can acknowledge and appreciate my unique qualities and respect the differences in others.
3. **Cultural Awareness**
   * I can identify and respect my cultural background and heritage.
   * I can understand and appreciate the cultural identities of others.
   * I can reflect on how my family and community influence who I am.

**Social Awareness and Responsibility**

1. **Contributing to Community**
   * I can contribute to my school and community in meaningful ways.
   * I can recognize when others need help and offer my support.
   * I can take on roles and responsibilities to make my school a better place.
2. **Respecting Others**
   * I can listen to others’ perspectives and respond with empathy.
   * I can treat others with respect, even when we disagree.
   * I can recognize and address issues of fairness, equity, and inclusion.
3. **Resolving Conflicts**
   * I can use respectful communication to solve problems in a positive way.
   * I can recognize when a conflict arises and work towards a peaceful resolution.
   * I can apologize when I make a mistake and take responsibility for my actions.
4. **Valuing Diversity**
   * I can appreciate different viewpoints and collaborate with people from diverse backgrounds.
   * I can challenge stereotypes and assumptions about people based on their identity.
   * I can support others in feeling included and valued in our community.