

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.