








November Core Competency Reflections 2025/2026

GRADE	NOVEMBER: Self-Awareness, Identify Values	REFLECTION QUESTION:	FORM LINK:	QR:
8	Self-awareness and goal setting	Personal Shield: Write 4 words that represent your strengths, interests, and goals. Reflect on how these can help you succeed this year.	Grade 8 FORM	
9	Personal strengths and identity	Strengths Map: List 3 strengths you have in and out of school. Briefly explain how they shape your identity and help you in everyday life.	Grade 9 FORM	
10	Resilience and adapting to change	Resilience Timeline: Name 3 challenges you've faced this year. For each, write what you learned or how you grew.	Grade 10 FORM	
11	Personal values and self-regulation	Values and Actions: List 3 personal values. Next to each, write an action that demonstrates this value in your life.	Grade 11 FORM	
12	Exploring purpose and direction	Purpose Pathway: Write 2-3 sentences about what drives you (purpose, goals). How has it influenced your choices this year?	Grade 12 FORM	



Grade 8 - November Core Competency Reflections 2025/2026

Personal Shield: Write 4 words that represent your strengths, interests, and goals. Reflect on how these can help you succeed this year.





Grade 9 - November Core Competency Reflections 2025/2026

Strengths Map: List 3 strengths you have in and out of school. Briefly explain how they shape your identity and help you in everyday life.





Grade 10 - November Core Competency Reflections 2025/2026

Resilience Timeline: Name 3 challenges you've faced this year. For each, write what you learned or how you grew.





Grade 11 - November Core Competency Reflections 2025/2026

Values and Actions: List 3 personal values. Next to each, write an action that demonstrates this value in your life.





Grade 12 - November Core Competency Reflections 2025/2026

Purpose Pathway: Write 2-3 sentences about what drives you (purpose, goals). How has it influenced your choices this year?

