# MY CORE COMPETENCY GOALS




*Three small steps. Skills for school and life.*

| | |
|---|---|
| *Last Name* | *First Name* |
| *Student Number* | *Date* |

## READ THE EXAMPLE

Big idea: I want to participate more.

SMART goal: For the next four weeks, I will ask one question or share one idea during a class or small-group discussion each week. I will track each contribution with a check mark.

## USE *SMART* TO MAKE YOUR PLAN

S | Specific — Name the action you will take.

M | Measurable — Say how much or how often; track it.

A | Achievable — Choose a step you can manage.

R | Relevant — Connect it to a skill that matters to you.

T | Time-bound — Set a deadline or a time period.

*More information about Core Competencies.*

## WRITE ONE GOAL FOR EACH CORE COMPETENCY

Choose goals that matter to you. Use the example but make each goal your own.

## 1. COMMUNICATION

Share ideas, listen and work with others.

Possible focus: asking questions, listening, contributing or teamwork.

My SMART goal (action + amount/how often + deadline):

_____

_____

_____

My first step / support I can use:

_____

How I will track my progress:

_____

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## 2. THINKING

Create ideas, consider evidence and reflect.

Possible focus: trying strategies, checking sources or using feedback.

My SMART goal (action + amount/how often + deadline):

My first step / support I can use:

How I will track my progress:

## 3. PERSONAL AND SOCIAL

Understand yourself, manage challenges and care for others.

Possible focus: managing stress, exploring strengths or including others.

My SMART goal (action + amount/how often + deadline):

My first step / support I can use:

How I will track my progress:

FINAL CHECK:

☐ Action, measurement and time frame in each goal. ☐ Manageable and meaningful.

Share your goals with a parent/guardian and ask them to sign below.

| *Parent/Guardian Signature* | *Date* |
|---|---|