**GLENEAGLE SCHOOLWIDE CORE COMPETENCY ACTIVITY NOVEMBER 18, 2020**

**FOCUS: PERSONONAL AWARENESS AND RESPONSIBILITY**

**Purpose of Activity**: To expand **Personal Awareness** by reflecting on Q1 and setting goals for Q2

Why are we talking about Core Competencies? ***To help get better at “life.”***



BUILDING GRIT AND RESILIENCE

**Grit**: *continuing to persevere or work through a goal even when we struggle*

**Resilience**: *our ability to bounce back after we struggle or fail*

**INSTRUCTIONS:**

1. **Watch Ted Talk by Dr. Angela Duckworth**

<https://ted-ielts.com/angela-lee-duckworth-grit-power-passion-perseverance/>

1. **Take the grit-scale and see how you score. (Put link in browser.)**

<https://angeladuckworth.com/grit-scale/>

* Covid 19 has made life difficult and stressful for most families. At school, our extracurricular activities have been cancelled; we can’t spend time with our friends the way we used to; our classes are long and fast paced. Grit and resilience help us cope and adapt to these changes.
* No matter how you scored on the “grit scale”, Dr. Duckworth would say we can all become more “gritty” and resilient with practice. We need to focus on the **goals we** **really want to achieve** and keep **working hard** even when **challenges** come up. We also need to check in and reflect on our progress from time to time.
1. **Complete the questions below to help you reflect on Quarter 1 and set goals for the rest of the year.**

**QUESTIONS:**

1. During Quarter 1**, what went well for you?** Explain. **Examples**: being back in the classroom, having only two courses, seeing my friends, keeping up with homework, playing volleyball, improving math, helping plan a virtual assembly, becoming more fit.

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| Something that went well in quarter one was that since there was only two classes, I was able to stay on top of homework. I felt that I was struggling less to stay organized. Only having two classes made it much easier to not procrastinate too.  |

1. During Quarter 1, what **did you find challenging** or **disappointing** or **stressful**? Explain.

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| Something that was challenging during the first quarter was that during the online portions, I was a bit less motivated than I was for in class learning. This made it challenging at times to not procrastinate.  |

1. Think of **ONE thing** you really want **to improve** in Quarter 2 (and Q 3&4). **Examples**: a school subject, a sport, time spent on homework/studying, playing a musical instrument, leadership skills, a language, photography, a relationship, general fitness.

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| One thing I want to improve during the next few quarters is not procrastinating. I often feel stressed when all my work piles up right before the due dates, so I will work on procrastinating less.  |

1. What are two **specific actions** that you can start doing every day to get closer to your goal? How long will you spend on this action each day? What part of the day?

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| 1. Each day, I will list all the tasks I need to complete within the next few weeks.
2. Another thing I will do is prioritize the list that I make, so that I will know what tasks should be done first.
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1. If you experience challenges, what might you do to work through them? Examples: ask help from a friend or parent; break the task into smaller chunks; “google” how other people may deal with similar problems.

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| When I am experiencing challenges, I can take short breaks to regain my concentration. I can also look up strategies to keep being motivated.  |

**TO DO** for next time… schoolwide check-in: **February 2, Quarter 3**

* Save **artefacts** or **data** along the way –- anything that shows your process (ups and downs) such as work samples or assessments; photos doing the activity; journal comments
* Keep in mind, your goal may be long-term, and may or may not, be reached by Quarter 3 or even by the end of year…it might be ongoing…such as learning a language or becoming more fit
* On May 31, you will **complete a year-end self-assessment with reference to two artefacts** to show where you are on your journey. This document will be sent home, so parents have insight into your Personal Awareness and Responsibility core competency growth.
* Helpful Hint: Try not to compare yourself to others. We are all at different places. Instead of saying: **Why can’t I be like that person who gets 100%** **or who plays guitar so amazingly?** **Say: How can I be a better Me today than I was yesterday? What are the steps to get me closer to my best Me?**

