**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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| In Quarter 1, I was successful in adjusting to Covid-19 restrictions, both academically and socially. I built meaningful and valuable connections with new people within my classes, and I really enjoyed seeing my friends in real life again. Furthermore, the quarter system was effective in amplifying my productivity as I could focus on specific subjects and engage with the materials better. Despite the difficulties of Covid-19 and its impacts, I appreciate being at school and interacting with my peers. |

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

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| During this quarter, the ongoing Covid-19 pandemic was challenging to cope with and the worsening situation caused a lot of anxiety. Covid-19 restrictions were implemented more and more strictly as the quarter progressed, but the constant instability of the guidelines made me stressed and confused. In addition, the blended/online schedule was really confusing as I live a bit farther from the school and had to find alternative solutions to attend online class. |

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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| In this passing quarter, I had a lot of trouble handing in my assignments on time; I was always rushing to get my homework done. Therefore, in the second quarter, I hope to develop and grow my time-management abilities. |

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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| a) I will achieve my goal by simplifying my schedule and understanding exact how much free time I have and how much time I need to spend on my work.b) In order to achieve my goal, I’ll prioritize my workload, schedule my assignments, and prioritize by their deadlines |

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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| If I experience hardship, I'll analyze my challenge, come up with a reasonable and effective solution, and accept and ask for help if necessary. Challenges result in growth, and thus, though the challenges I encounter may be hard, I’ll always try my best to resolve them before seeking outside support.  |

**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?**

