

## Self-Assessment – where am I?

<b>Flexible</b>		Strength	Ok for now	Target I'd like to work on	Example of why you think it's a strength or what your target would be
<b>Listening</b>	Respectfully listening to others (not interrupting or speaking while others are speaking, making good eye contact, paying attention etc.)				
	Follow instructions (able to pay attention, understand what is needed, identify detail and follow through)				
	Identify the tone someone was speaking in (able to understand the emotion or intent behind what someone is saying)				
	Able to articulate back what you've been told				
<b>Synthesise</b>	Separate truth from noise (be able to identify from the internet or discussions what is actually the most important thing and whether that information is reliable and valid)				
	Pick out premises, arguments, assumptions, conclusions and flaws				
	Evaluate the strength and weakness of an argument				
	Identify links between concepts or topics				
	Apply skills to a new area or context				
<b>Adapt</b>	Able to see others' perspectives or reconsider positions (change your mind)				
	Able to experiment with new ways of thinking/doing				
	Able to solve problems				

<b>Front-Footed – Willing to step into challenges</b>		Strength	Ok for now	Target I'd like to work on	Example of why you think it's a strength or what your target would be
<b>Independent</b>	Take ownership of your own learning and ensure you are appropriately prepared (e.g. manage and plan homework, appointments, emails, equipment etc).				
	Generate independent thoughts and ideas				
	Extend your own learning in order to deepen your knowledge and understanding				
	Have faith in your own judgement				
<b>Proactive</b>	Seek out answers before resorting to the teacher				
	Take the initiative to develop yourself and your learning				
	Identify ways to improve world				
	Engage with others proactively and respectfully				
	Seek out new challenges				
<b>Brave</b>	Able to take risks and step outside of your comfort zone				
	Lean into difficult ideas, situations or challenges				
	Effectively using failure to develop as an individual				
	Persevere				
	Courage to champion what is right				
	Seek out opportunities to lead and develop others				

<b>Grounded</b>	Strength	Ok for now	Target I'd like to work on	Example of why you think it's a strength or what your target would be
<b>Self-Aware</b> <ul style="list-style-type: none"> <li>• Be able to identify and articulate your behaviour               <ul style="list-style-type: none"> <li>• <i>What you have said</i></li> <li>• <i>Your behaviour</i></li> <li>• <i>Your values</i></li> <li>• <i>Your emotions</i></li> <li>• <i>The impact of your behaviour on the world and those around you</i></li> <li>• <i>The risks you are taking</i></li> <li>• <i>what you want</i></li> <li>• <i>your strengths and weaknesses</i></li> <li>• <i>What makes you uniquely valuable</i></li> </ul> </li> </ul>				
<b>Accountable</b>	Be willing to see the impact of your actions on yourself and others			
	Respond appropriately to constructive criticism			
	Can draw appropriate and positive boundaries			
	Can engage difficult conversations with peers/parents/teachers			
	Be honest			
<b>Emotionally Intelligent</b>	Able to manage emotions and behaviour appropriately (e.g. even when provoked, challenged etc.)			
	Able to celebrate your strengths and successes			
	Able to move forward sensibly after a mistake			
	Able to demonstrate empathy			
	Communicate with honesty and kindness			

<b>Giving</b>	Strength	Ok for now	Target I'd like to work on	Example of why you think it's a strength or what your target would be
<b>Supportive</b>	support and comfort others <ul style="list-style-type: none"> <li>• <i>Support socially</i></li> <li>• <i>Support in class or during co-curricular</i></li> <li>• <i>Pastoral mentoring</i></li> <li>• <i>Peer mentoring</i></li> <li>• <i>Academic mentoring</i></li> </ul>			
<b>Generous</b>	Wanting to help			
	Courteous and kind			
	Celebrate the success of others			
<b>Altruistic</b>	Put other's interests first			
	Appreciate how privileged we are and be humble about the challenges facing others			
	Volunteer <ul style="list-style-type: none"> <li>• <i>For school</i></li> <li>• <i>For the community</i></li> <li>• <i>For the wider world</i></li> </ul>			