

Self-Awareness and Development: Affective Domain				
	Level 1	Level 2	Level 3	Level 4
Emotional Awareness	Recognizes and understands one’s own emotions	Articulates how emotions affect thoughts and behaviours as well are influenced by internal and external environments	Analyzes and reflects on own emotional strengths, weaknesses and reactions, and their impact on others	Consistently assesses and reflects on own emotional strength and weakness, and anticipate the impact of a situation on the emotions of a person
Manage Emotions	Gives order to and responds to competing emotions	Regulates expressions of emotion and recognizes the emotional needs of others	Reflects on the experiences of emotions, responding to the emotional needs and concerns of others while maintaining self-identity and self-worth in relationships	Evaluates, accepts, and gracefully responds to criticism appropriately with feedback Engages in healthy relationships
Resilience	Recognizes one’s own perspective and patterns of response in the face of adversity	Shifts appraisal process, reframes the stimuli in positive terms and identifies sources of personal support	Cultivates, mobilizes and maintains resources that support resilience while recognizing that personal characteristics are malleable or can be developed	Expresses adversity as an opportunity to learn and grow while demonstrating the ability to use challenging experiences as an opportunity to learn and grow

Self-Awareness and Development: Cognitive Domain				
	Level 1	Level 2	Level 3	Level 4
Awareness of Thinking and Reasoning	Identifies different patterns of thinking and reasoning	Articulates own patterns of thinking and reasoning while recognizing that they affect one’s actions	Recognizes intellectual dimensions of self and begins to suspend judgement in valuing own interactions with others	Articulates insights into one’s own patterns of thinking and reasoning and can use this to improve thinking and reasoning
Manage Thinking and Reasoning	Demonstrates reflection and ability to stop and pause. Names the factors in one’s own life that influence how perception is developed	Voices one’s own perceptions and allows others to inquire	Demonstrates awareness in the choices one has in the patterns of thinking and reasoning, and advocates for other perspectives	Consistently acts with intention to be more effective and inclusive of different perspectives during social interactions
Self-Assessment	Observes and comments upon own performance, identifying both strengths and weaknesses	Accurately observes and analyzes one’s own performance	Engages in self-monitoring and reflection during performance of tasks to judge effectiveness of one’s own performance	Accurately self-monitors and evaluates own performance and uses that to improve performance and adjust actions during the performance of tasks

Self-Awareness and Development: Personal Growth				
	Level 1	Level 2	Level 3	Level 4
Goal Setting and Self-Regulation	Articulates goals and sets challenging but realistic goals	Plans and acts with intention in consideration of personal goals	Accurately monitors progress towards goals	Evaluates progress toward goals, and changing strategies as necessary
Self-Efficacy	Demonstrates a willingness to try new activities, even if failure is a possibility.	Accurately recognizes actions that lead to success and failure as well as identifies positive qualities in others	Reflects on failures without allowing it to affect feelings of self-worth and is confident in pursuing new activities while emulating positive qualities identified in others	Evaluates own performance on a goal in a fair and accurate manner while recognizing areas for improvement and personal success Internalizes personal qualities initially identified in others
Commitment for Life-Long Learning	Explores interests, values, skills and abilities	Shows interest in pursuing knowledge independently beyond classroom requirements	Pursues independent educational experiences	Evaluates past experiences and expresses broadened perspectives about both educational and life experiences Demonstrates a commitment to life-long learning by acting on new opportunities for learning and growth.