

#### **Defining the Whole Child** Please click each competency to learn more.

#### Communication



Involves a two-way process of conveying information, ideas, feelings or opinions either verbally or nonverbally.

- Organized and prepared
- Expresses thoughts in a written and oral format
- Exhibits active listening, awareness and sensitivity to the audience
- Advocates for self and others
- Recognizes nonverbal body language and responds appropriately

- Gives and receives constructive feedback
- Presents thoughts logically, clearly and concisely
- Willing and able to consider diverse points of view
- Asks questions to deepen understanding



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## Collaboration



Enables people to work together to achieve a common purpose. It is a process by which ideas are constructively explored in order to achieve stronger solutions.

- Engages in opportunities to work with others
- Develops rapport with others in the working group
- Engages in team problem solving
- Uses clear and thoughtful communication skills
- Seeks input and is open to new ideas

- Is an active participant in the collaborative process
- Is accountable to the team
- Flexibility in compromises in order to reach consensus
- Staying engaged and enduring discomfort during courageous conversations



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#### **Growth Mindset**



The belief that skills and intelligence are grown and developed through dedication and hard work.

- Accountability
- Perseverance in the face of obstacles
- Seeing failure as an opportunity for learning
- The power of YET "willingness to try"
- Reflection
- Goal setting in life and work

- Belief in self-improvement
- Inspired by the success of others
- Focus on the process rather than the outcome
- Gives, receives and incorporates constructive feedback
- Seeks help when necessary



# Global Awareness/Citizen 🛞

To be aware of and understand the wider world and one's ability to impact it. A global citizen takes an active role in their community and works with others to make our planet more equitable, fair and sustainable.

- Collaborates with others in solving real community problems
- Seeks to understand diverse perspectives
- Celebrates and appreciates differences
- Gives back to the community through service
- Seeks reliable information about current events and issues

- Feels empowered to make a difference
- Engages in opportunities to promote equity and fairness
- Engages in activities that promote sustainability and a more promising future



## Empathy



The capacity to understand or feel what another person is experiencing or to place oneself in another's position.

- Encourages others
- Considers others' perspectives
- Demonstrates kindness and acceptance
- Listens actively to others
- Shows appreciation of difference in one another

- Exhibits awareness of others' challenges
- Develops authentic relationships
- Understands the emotions of others
- Shows awareness of how our actions affect others



# Critical and Creative Thinking

Involves students thinking broadly and deeply using skills, behaviors and dispositions such as reason, logic, resourcefulness, imagination and innovation in all learning areas at school and in their lives beyond school to solve problems.

- Generate ideas, possibilities and actions
- Able to provide evidence of their thinking
- Anticipate possible outcomes
- Analyzes, synthesize and evaluate reasoning and procedures
- Vet sources and utilize multiple resources

- Reflect on thinking, processes and outcomes
- Make connections across content areas
- Willing and able to consider diverse points of view



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