








SELF-AWARENESS ALIGNMENT

Utah's Portrait of a Graduate

Portrait of a Graduate Competencies	7-9 Self-Awareness	10-12 Self-Awareness
 <p>WELLNESS Develop self-awareness, self-advocacy skills, and the knowledge to maintain healthy lifestyles that provide balance in life and improve physical, mental, social, and emotional well-being.</p>	<p>Learning Activity Ask students to identify a potential challenge encountered in school and write, act out, or role-play how they could advocate to prevent the challenge from being a problem.</p>	<p>Learning Activity Conduct a morning meeting and discuss helpful strategies for handling potential conflict between friend groups, co-workers, or college roommates.</p>
 <p>COMMUNICATION Communicate effectively through reading, writing, speaking, and listening to understand information in a variety of contexts, media, and languages.</p>	<p>Learning Activity Ask students to examine historical characters and how they communicated their emotions. Discuss how emotions affect behaviors of self and others.</p>	<p>Learning Activity Ask students to reflect and analyze in journals or in pair shares how their thoughts and emotions affect decision-making and responsible behavior.</p>
 <p>CREATIVITY AND INNOVATION Imagine, visualize, and demonstrate creative practices, innovative solutions, and artistic expression.</p>	<p>Learning Activity Have students create art, media, or music showing the positive influences that have impacted their life.</p>	<p>Learning Activity Assign students to research community resources that are available to develop ones' interests. Create a brochure, app, website, or informational guide that includes the educational or workplace training in those professions.</p>
 <p>CRITICAL THINKING AND PROBLEM SOLVING Access, evaluate and analyze information to make informed decisions, recognize bias and find solutions.</p>	<p>Learning Activity Ask students to journal about a time when they reassessed an event and felt completely different after learning new information about the event.</p>	<p>Learning Activity Ask students to design and complete a project based on strengths and interests and how to apply those to postsecondary opportunities.</p>
 <p>HARD WORK AND RESILIENCE Set personal goals, apply best efforts to achieve them and persevere when faced with challenges and setbacks. Have a well-grounded sense of confidence, optimism and self-efficacy. Access, evaluate, and analyze information to make informed decisions, recognize bias, and find solutions.</p>	<p>Learning Activity Have students complete a character study from required class reading on how the characters' personal qualities impacted their decisions. Have students look for positive character traits of self-efficacy and examples of perseverance in facing obstacles or challenges.</p>	<p>Learning Activity Assign students to research professional skills (effective communication, responsibility, creativity, problem-solving, leadership teamwork, etc.) desirable in a chosen industry or interest area. Ask students to reflect on their personal qualities and compare and contrast with industry and/or interest area professional skills.</p>
 <p>LIFELONG LEARNING AND PERSONAL GROWTH</p>	<p>Learning Activity Hold a career fair, participate in a job shadow day, or host guest career speakers for students to begin</p>	<p>Learning Activity Ask students to write a "Ted Talk" script or produce a video and describe how personal strengths, interests,</p>

<p>Continue to seek knowledge and develop skills in all settings.</p>	<p>thinking about how to align personal interests and strengths to career or post-secondary opportunities.</p>	<p>and attributes influence academic learning, social interactions with peers, and post-secondary goals.</p>
<p> RESPECT Acknowledge differences by looking for the good in everyone, including oneself, and show due regard for feelings, rights, cultures and traditions.</p>	<p>Learning Activity Ask the class to design an activity together to ensure that all members have a task aligned to their interests and/or strengths.</p>	<p>Learning Activity Have students design a public service announcement to inform others of a way to promote a school or community need or program such as a teen center, food pantry, or school supplies.</p>