

# SELF-AWARE LEARNER

## Basic Competencies

**Goal Setting:** YUHSD students can complete goal setting through a process that includes planning with steps, monitoring progress, revising as needed, and reflecting with guidance.

**Capacity:** YUHSD students can identify personal, cultural, and communication assets.

**Bias:** YUHSD students can recognize the interrelatedness of feelings, values, and thoughts in order to identify their own prejudices and bias.

**Mindfulness:** YUHSD students can notice behaviors, tones of voice, and other personal reactions they and others might have to certain situations or ideas.

**Self-Efficacy:** YUHSD students can demonstrate self-efficacy in order to maintain control over their own behavior.

**Purpose:** YUHSD students can identify and pursue interests and can take steps to develop a sense of purpose. | **Identity:** YUHSD students can identify multiple aspects of their identity.

## Proficient Competencies

**Goal Setting:** YUHSD students can complete goal setting through a process that includes planning with steps, monitoring progress, revising as needed, and reflecting.

**Capacity:** YUHSD students can apply personal, cultural, and communication strengths to deepen their sense of capacity in an academic setting.

**Bias:** YUHSD students can regularly identify and interrupt their own prejudices and implicit biases and reflect on the impact on others.

**Mindfulness:** YUHSD students can notice behaviors, tones of voice, and other personal reactions they and others might have to certain situations or ideas and be able to respond appropriately.

**Self-Efficacy:** YUHSD students can demonstrate self-efficacy in order to maintain control over their own behavior and intrinsic motivation.

**Purpose:** YUHSD students can demonstrate a sense of purpose by planning, prioritizing, and pursuing interests. | **Identity:** YUHSD students can identify and recognize multiple aspects of their identity and how they intersect in relation to self and others.

## Advanced Competencies

**Goal Setting:** YUHSD students can integrate goal setting skills in the pursuit of long-term aspirations.

**Capacity:** YUHSD students can apply personal, cultural, and communication strengths to deepen their sense of capacity in professional and personal settings.

**Bias:** YUHSD students can utilize knowledge of prejudices and biases to properly enact positive change.

**Mindfulness:** YUHSD students notice behaviors, tones of voice, and other personal reactions they and others might have to certain situations/ideas and can mediate.

**Self-Efficacy:** YUHSD students can demonstrate self-efficacy in order to maintain control over their own motivation, behavior, and social environment.

**Purpose:** YUHSD students can integrate their purpose and interests into long-term aspirations. | **Identity:** YUHSD students can foster healthy relationships in order to establish a sense of community.