

College and Career Competency Sequence: Self-Awareness

These targets describe how students demonstrate progressive intrapersonal skills at each stage. By the end of each stage, each student:

DEVELOPING

- Recognizes and identifies feeling words linked to various situations.
- Communicates personal likes and dislikes.
- Makes choices based on personal preferences.
- Describes personal strengths and preferences.
- Identifies words that describe basic personal emotions.
- Demonstrates mindfulness for short periods.
- Uses self-knowledge of preferences to inform decisions when opportunities arise.

EMERGING

- Demonstrates an ability to reflect on experiences and identify personal strengths and preferences.
- Describes personal feelings related to specific situations.
- Describes own emotions with complex descriptions.

DEMONSTRATING

- Demonstrates reflection on personal interests and abilities related to specific experiences.
- Identifies possible career interests related to preferences and strengths.
- Describes emotions and identifies possible underlying reasons for the emotions.
- Identifies preferred mindful practices to self-calm, focus, and help prepare for possible stressful situations.

GENERALIZING

- Demonstrates knowledge of personal strengths, areas for growth, preferences, and interests in multiple areas.
- Demonstrates decision making that incorporates self-awareness.
- Applies knowledge of self to other competencies (e.g., when identifying boundaries for assertiveness, understanding conflict management).