1. Self-Awareness and Reflection

* identify personal core values and how that can be one’s compass
* understands one’s own strengths and weaknesses
* able to own mistakes through honest reflection
* reflects on past experiences and is able to articulate learning moments
* able to celebrate own success and take pride in accomplishments
* self advocates in a constructive/effective manner
* demonstrates integrity

1. Goal Setting

* identified personal, academic, and professional goals
* break down goals into smaller steps and plan backwards
* short term and long term goals
* make a post secondary plan
* evaluate progress and makes necessary adjustments toward identified goals
* make concrete plan for achieving goal

1. Perseverance

* sticks with something when it’s difficult
* anticipates difficulties
* acknowledges difficulties
* knows how and when to ask for help
* sees goals through
* has healthy strategies for constructively dealing with challenge/obstacles
* bounces back from defeat/failure
* understands that growth comes from challenge
* Is willing to tolerate discomfort for purpose of growth
* able to keep a sense of humor
* demonstrates confidence

1. Curiosity

* asks genuine questions that have purpose
* independently seeks answers to questions
* takes intellectual risks /tries new things/ goes beyond
* able to observe and take advantage of a learning opportunity
* explores creative expression and innovation

1. Self-Regulation

* understands and respects personal space
* able to code switch
* able to recognize and follow the appropriate etiquette for any given social context
* manages time and is punctual
* uses polite manners
* sustains focus
* demonstrates flexibility and willingness to be refocused, when needed
* responsible to keep track of details
* takes initiative to get started on work
* able to function independently
* able to analyze a difficult situation, respond in a controlled manner, and attempt to problem-solve.
* communicates gratitude
* takes care of self by making healthy life choices

1. Collaboration

* works with others towards achieving a goal
* is able to both give and receive constructive feedback
* respects others’ points of view
* listens attentively to others
* shows empathy in interactions with other people
* engage in formal/professional communication
* communicate effectively in a public forum

7. Community- Mindedness

* active participant in school community, local community, and global community
* voluntarily gives service to others and develops own identity as an activist
* explores and demonstrates leadership, whether it is subtle or public
* gives back to the school community in some concrete way, leaving it better than how it was found