

Co-curricular Competencies

Appreciating Diversity

- Seeks involvement in diverse interests
- Articulates advantages and challenges of diverse society
- Appropriately challenges abusive use of stereotypes by others
- Understands roles of spirituality in personal and group values and behaviours

Collaboration

- Contributes to achievement of group goals or shared vision and demonstrates awareness of team/group dynamics
- Works cooperatively with, and seeks feedback from others

Effective Communication

- Able to influence and/or engage others through writing, speaking or artistic expression
- Exhibits effective listening skills

Enhanced Self Awareness

- Understands and articulates personal belief system, identity and culture
- Articulates personal strengths and weaknesses

Healthy Behaviour

- Articulates relationship between health and wellness and accomplishing life goals
- Exhibits and promotes behaviours that advance a healthy community

Intellectual Growth

- Employs critical thinking in problem solving
- Forms decisions or opinions based on past personal experiences
- Reinforces personal knowledge by teaching others

Intentional Learning

- Makes the connection between class and out-of-classroom learning
- Sets, articulates and pursues individual and educational goals
- Uses personal and educational goals to guide decisions
- Reflects on interests, values, skills and abilities that influence life and career choices

Leadership Development

- Encourages and empowers others

Meaningful Interpersonal Relationships

- Participates in establishing a respectful environment for all community members
- Establishes mutually rewarding relationships with friends and colleagues

Personal Values

- Articulates and acts in congruence with personal values
- Demonstrates willingness to scrutinize personal beliefs and values

Professionalism

- Follows tasks through to completion in an efficient manner
- Respects personal boundaries and uses discretion as needed
- Resolves matters of conflict in respectful manner

Social Responsibility

- Appropriately challenges the unfair, unjust or uncivil behaviour of other individuals or groups
- Participates in service/volunteer activities

Understands Digital Technology

- Demonstrates technological literacy and skills
- Uses technology ethically and efficiently to solve problems, complete tasks, and accomplish goals
- Demonstrates effective adaptability to new and emerging technologies

Information Management

- Locates, organizes and records information using appropriate methods, tools, and technology
- Uses multiple sources of information and their synthesis to solve problems, analyze issues and make decisions