**Core Competency Self-Assessment**

|  |  |  |
| --- | --- | --- |
| A bit like me | Quite like me | Very much like me |
|  |  |  |

Explain some of your choices for how you sorted the statements:

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* Photocopy and enlarge some of the “I can” statements
* Have your learners sort the statements and place each under a heading that best suits them.
* Have the learner then tell you why they placed the statements where they did.

Example of some “I can” statements:

I can use strategies to manage stress

I can recognize my strengths

I can use strategies to focus

I can use strategies to accomplish my goals

Use statements that you have been working on with your students.