

Learning Guide *Personal Growth and Well-being*



Use this Learning Guide after viewing



Developing Yourself: Setting Personal Goals

<http://bit.ly/competencyvideo7>

and

Are Health and Wellness Really Related

<http://bit.ly/competencyvideo7b>

Questions for Reflection and Discussion:

- Think of a recent experience that required you to assess and/or reflect on your personal growth and well-being. Drawing upon your own experience, why is the development of this competency important?
- What type of classroom environment supports personal growth and well-being?
- Incorporating personal growth and well-being may require a pedagogical shift. How might you champion that shift in your curriculum/classroom/school? What might look and/or sound different?
- What strategies and approaches have you incorporated in your program to support personal growth and well-being of students?
- How might we adapt our practice to guide students at varying levels to focus on personal growth and well-being?
- How might we guide students in each of our subject areas and grade levels to approach learning and personal wellness with a growth mindset and to develop strategies, persistence, and productive habits?
- How might we model behaviours, ways of thinking and language in order to integrate this competency in our daily practice and help students engage in goal setting, self-reflection and celebration of successes?
- How might school staff work together to help students achieve a balance in emotional, intellectual, physical, social and spiritual aspects of personal growth and well-being?
- Brainstorm examples of what feedback would look like/sound like to foster student growth in personal growth and well-being.

For more information:

[Developing Learner Profiles](#), Alberta Education

[Creating S.M.A.R.T. Goals](#), Top Achievement Self Improvement and Personal Development Community

[Supporting Healthy School Communities in Alberta](#) and

[Bringing Personal Growth & Well-Being to Life... In All Subject Areas, Ever](#)

[Active Schools as a Setting for Promoting Positive Mental Health: Better](#)

[Practices and Perspectives](#), Pan-Canadian Joint Consortium for School

Health

[Career and Technology Foundations \(CTF\)](#), AB Ed CTF Website

[Career and Technology Foundations Website](#), ARPDC Website

[Portfolios](#), Teacher Vision

[myBlueprints](#), Education Planner Online Program

[Resiliency Quiz for Students](#), www.embracethefuture.org.au

[Blog Series Building Resilience](#)

www.weareteachers.com

[Multiple Intelligences: What Does the Research Say?](#) Edutopia

Sample Strategies for Educators:

- Model and use personal growth and well-being skills, attitudes and vocabulary in your classroom.
- Use student learner portfolio to highlight their development within the subject.
- Help students to connect how their emotional, intellectual, physical, social and spiritual well-being influences, and are influenced by their learning.
- Provide opportunities for students to set S.M.A.R.T. goals (specific, measurable, attainable, realistic and timely).
- Help students connect classroom learning with their personal experiences or goals.
- Teach students strategies to help them become resilient and adaptive learners.
- Help students understand their own multiple intelligences so they can: explain their learning preferences, discuss/appreciate the different ways people learn, identify areas of strength/growth; and determine next steps required to further learning.

Sample Student Learning Tasks

- **Set personal goals** (learning, social, physical, spiritual and financial goals)
- **Build and use portfolios**- to track and celebrate growth.
- **Make connections**- to interests, passions, personal strengths or career possibilities.
- **Identify and develop**- personal strengths and interests.
- **Find support and resources** - to help achieve personal goals.
- **Adapt**- to changing conditions.
- **Reflect** – on how emotional, intellectual, physical, social and spiritual well-being influence growth.