

Personal Growth and Well-being



Involves managing emotional, intellectual, physical, social and spiritual aspects of living. Students set learning, career or wellness goals and work toward them. They draw upon their strengths to develop interests, skills and talents. Students are reflective, resourceful and optimistic and they strive for personal excellence.

Alberta students:

Set goals, develop strengths and interests, make choices, and strive for excellence

Alberta students value:

Self-reflection, resilience, resourcefulness, growth-orientation, and optimism

SUPPORTING THE PERSONAL GROWTH AND WELL-BEING OF STUDENTS:

Teachers design learning opportunities in which students ...

- examine their personal habits and lifestyle choices and develop goals related to their intellectual, emotional, physical, spiritual and social well-being.
- develop a positive mindset such optimism, aiming for excellence, a strong work ethic, self-reliance, self-regulation, resourcefulness, perseverance and responsibility.
- learn to deal positively with change, setbacks and challenges.
- connect with peers, school, online and community resources that support personal growth, wellness or career goals.
- build on their strengths, take risks, and develop new talents and interests.
- reinforce safety principles and ways to minimize risk for themselves and others.
- develop relationship/social skills and listen to and support one another.
- value learning over task completion.

PERSONAL GROWTH AND WELL-BEING INDICATORS:

- ✓ Identifying interests, values or skills to set learning, life or career goals.
- ✓ Exploring, selecting or adapting strategies and resources that support personal growth in life, school or career pathways
- ✓ Making choices or taking action to promote the safety and well-being of self or others
- ✓ Building healthy relationships to support growth and well-being of self and others
- ✓ Demonstrating optimism, flexibility or resilience when adapting to new situations and transitions