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.

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.