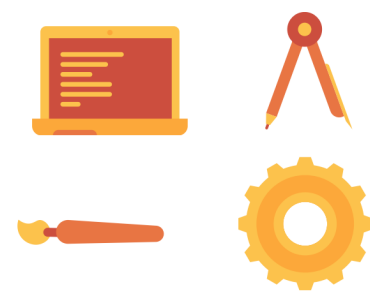




PERSONAL GROWTH AND WELL-BEING

A Competency Defined in the Ministerial Order for Student Learning (#001/2013)



LEARNER PROFILE

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. Students are reflective, resourceful and optimistic and they strive for personal excellence.

HOW DOES A STUDENT DEVELOP PERSONAL GROWTH AND WELL-BEING?

1 IDENTIFY



Identify interests, values or skills to set learning, life or career goals.

2 EXPLORE



Explore, select or adapt strategies and resources that support personal growth in life, school, or career pathways.

3 CHOOSE



Make choices or take action to promote the safety and well-being of self or others.

4 BUILD



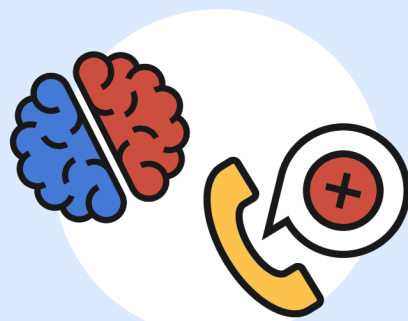
Build healthy relationships to support growth and well-being of self and others.

5 DEMONSTRATE



Demonstrate optimism, flexibility or resilience when adapting to new situations and transitions.

STRATEGIES AND IDEAS



Promote positive mental health practices. Create a learning environment where students can find supportive connections.



Help students understand the difference between a fixed mindset (intelligence is static) and a growth mindset (intelligence can be developed).



Engage students in self-reflection: How do I learn? What did I learn? How well did I achieve my goal? What changes did I have to make to meet my goal?



Teach students how to build portfolios – an authentic way to self-assess growth in intellectual, emotional, physical, spiritual, financial and social well-being, as well as showcase personal excellence.



Alberta students understand that learning is a lifelong endeavour and value learning and confidently take an active role in exploring a variety of learning opportunities. They explore career possibilities and planning accordingly as they confront challenges and adapt to change.

REFERENCE LINKS:

COMPETENCY INFORMATION SHEETS
COMPETENCY LEARNING GUIDE
ALBERTA EDUCATION



EDMONTON PUBLIC SCHOOLS