PERSONAL GROWTH AND WELL-BEING

A Competency Defined in the Ministerial Order for Student Learning (NO35/2013)

LEARNER PROFILE
Personal growth and well-being involves managing emotions, establishing physical, social and spiritual aspects of life, and building healthy relationships with others. This requires students to work toward their personal growth and well-being.

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 curricular and extracurricular activities, education, career and life planning pathways.

3. CHOOSE
- Make choices or take actions to promote their 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 opinions, flexibility or resilience when adapting to new situations and transitions.

STRATEGIES AND IDEAS

Promote positive mental health practices. Creating a learning environment where students feel safe, supported, and connected.

Help students understand the differences between head and heart (Intelligence is a key) and a growth mindset (Intelligence can be developed).

Engage students in self-reflection. How do I think? What do I like? How will it affect me? What changes do I have to make to meet my goals?

Teach students how to build portfolios - an important element of Thinking and reasoning. Teachers need to be explicit about strategies and support, as well as otherwise personal excellence.

Alberta students understand that learning is a lifelong, continuous and inclusive activity and confidently take action in exploring a variety of learning opportunities. The framework further enhances learning by promoting critical thinking and evaluative strategies.