

College and Career Competency Sequence Pre-K through 12 – Self-Awareness

These targets describe how students demonstrate progressive intrapersonal skills at each grade cluster. It should not be assumed that students at higher grades have the prerequisite competence from lower grades. By the end of each grade cluster, each student:

Self-Awareness

Pre-K	K-2	3-5	6-8	9-12
<ul style="list-style-type: none"> • Recognizes and identifies feeling words linked to various situations. • Communicates personal likes and dislikes. • Makes choices based on personal preferences. 	<ul style="list-style-type: none"> • Describes personal strengths and preferences. • Identifies words that describe basic personal emotions. • Demonstrates mindfulness for short periods. • Uses self-knowledge of preferences to inform decisions when opportunities arise. 	<ul style="list-style-type: none"> • Demonstrates ability to reflect on experiences and identify personal strengths and preferences. • Describes personal feelings related to specific situations. • Describes own emotions with complex descriptions. 	<ul style="list-style-type: none"> • Demonstrates reflection on personal interests and abilities related to specific experiences. • Identifies possible career interests related to preferences and strengths. • Describes emotions and identifies possible underlying reasons for the emotions. • Identifies preferred mindful practices to self-calm, focus, and to help prepare for possible stressful situations. 	<ul style="list-style-type: none"> • Demonstrates knowledge of personal strengths, areas for growth, preferences, and interests in multiple areas. • Demonstrates decision-making that incorporates self-awareness. • Applies knowledge of self to other competencies (e.g., when identifying boundaries for assertiveness, understanding conflict management style, etc.).