



## Learner & Leader Competencies Overview, 6-12

The Learner & Leader Competencies are the tangible skills, strategies, and behaviors that help all students develop the Compass Points and support post-secondary success. **6-8 Foundational Competencies are noted in GRAY.**

Final Competencies & Long-Term Targets	Supporting Targets
<p><b><u>Advocacy:</u></b> I use my strengths and skills to contribute to my communities and solve real-world problems.</p>	<ul style="list-style-type: none"> <li>● I proactively take action to improve my communities</li> <li>● I mobilize myself and others to contribute to make a difference</li> <li>● I lead by example</li> <li>● I make choices that serve the common good</li> </ul>
<p><b><u>Collaboration:</u></b> I work with others to learn, generate ideas, and create work that is better than what I can do on my own.</p>	<ul style="list-style-type: none"> <li>● I create a shared understanding of the vision, purpose, and goals for our group's work</li> <li>● I create opportunities to both lead and to follow</li> <li>● I leverage the strengths of the group</li> <li>● I share credit for success and take responsibility when something does not work out</li> <li>● I use language and listening that draws out ideas and builds on the ideas of others</li> <li>● I provide supportive feedback to team members about the work and our collaboration</li> </ul>
<p><b><u>Communication:</u></b> I express myself clearly through verbal, non-verbal and written communication based on purpose and audience in both English and Spanish.</p>	<ul style="list-style-type: none"> <li>● I tend to my tone of voice and body language when I speak and listen.</li> <li>● I use a variety of skills to understand others (e.g. active listening, questioning, paraphrasing, etc.)</li> <li>● I motivate others to act through persuasive communication</li> <li>● I provide clear and effective feedback to others, even in challenging contexts</li> <li>● I address conflict positively and directly with a commitment to finding solutions</li> <li>● I flexibly engage a variety of people in both Spanish and English</li> </ul>
<p><b><u>Critical Thinking:</u></b> I use reasoning skills to inform my thinking, opinions, actions and work.</p>	<ul style="list-style-type: none"> <li>● I precisely formulate vital questions to understand issues or problems</li> <li>● I analyze the relationship between varying aspects or points of view</li> <li>● I make reasonable predictions about the outcome of different courses of action</li> <li>● I form well-reasoned conclusions and solutions</li> <li>● I combine various ideas and information to create a new and cohesive whole</li> <li>● I follow the evidence, even if it means changing my mind</li> </ul>
<p><b><u>Goal Navigation:</u></b> I drive toward my short and long-term goals.</p>	<ul style="list-style-type: none"> <li>● I select high-leverage goals aligned to my vision for the future</li> <li>● I evaluate my strengths and challenges in meeting my goals</li> <li>● I make a plan for how to achieve my goals</li> <li>● I monitor my progress and adjust strategies as needed to reach my goals</li> <li>● I demonstrate grit and perseverance in the pursuit of my goals</li> </ul>
<p><b><u>Growth Mindset:</u></b> I demonstrate in my words and actions that I believe that I can learn, grow, and succeed.</p>	<ul style="list-style-type: none"> <li>● I demonstrate willingness and joy while trying new things</li> <li>● I demonstrate effort especially when the work is difficult</li> <li>● I celebrate and learn from my successes and failures</li> <li>● I use positive language that expresses optimism in my ability to grow</li> <li>● I embrace mistakes and feedback as opportunities to grow</li> </ul>
<p><b><u>Knowledge Building</u></b> I apply a variety of strategies to build knowledge.</p>	<ul style="list-style-type: none"> <li>● I select strategies that are most effective for me on a given task</li> <li>● I use active recall strategies to improve my long-term memory</li> <li>● I connect new knowledge to things I already know</li> <li>● I synthesize information from multiple sources using main idea and key details</li> <li>● I use memory techniques to develop automaticity with information I use frequently</li> </ul>



<p><b><u>Metacognition:</u></b> I analyze my thinking and the steps I take to learn.</p>	<ul style="list-style-type: none"> <li>● I can evaluate my strengths and weaknesses as a learner</li> <li>● I can evaluate what I know and what I need to know for various learning tasks</li> <li>● I identify the confusing or challenging parts of a task</li> <li>● I make a plan to address my confusion and gaps in understanding</li> <li>● I can monitor how my thinking changes over time</li> <li>● I reflect on the effect of the learning strategies I used</li> </ul>
<p><b><u>Perspective Taking:</u></b> I act in ways that honor diverse people, ideas, and situations.</p>	<ul style="list-style-type: none"> <li>● I seek information on a topic from different perspectives</li> <li>● I evaluate multiple sides of an issue</li> <li>● I acknowledge and respect others' opinions, even if I don't agree with them</li> <li>● I demonstrate empathy</li> <li>● I tend to issues of diversity and equity and power and privilege</li> </ul>
<p><b><u>Positive Risk Taking:</u></b> I step into challenges to support my development and to make contributions to my community.</p>	<ul style="list-style-type: none"> <li>● I try new things</li> <li>● I innovate in a variety of contexts</li> <li>● I act, even when it's uncomfortable, in order to help myself or serve my community.</li> <li>● I weigh the benefits and harms of exercising one choice over another</li> <li>● I use available resources to minimize negative outcomes, including asking questions &amp; seeking help</li> </ul>
<p><b><u>Respect:</u></b> I show that I value myself, others, and our shared community and environment through my words and actions.</p>	<ul style="list-style-type: none"> <li>● I show others that I value them through verbal and non-verbal communication</li> <li>● I celebrate the differences of others</li> <li>● I take care of the resources and tools in our shared environment</li> <li>● I honor the norms of my communities</li> <li>● I express admiration based on a person or group's abilities, qualities, or achievements</li> </ul>
<p><b><u>Self-Awareness:</u></b> I make choices aligned to who I am and accurately see myself from others' perspective.</p>	<ul style="list-style-type: none"> <li>● I know myself, my strengths and challenges, beliefs, motivations, and emotions</li> <li>● I understand how different experiences and actions affect me</li> <li>● I balance my physical, emotional, and academic needs in different situations</li> <li>● I am aware of how my actions and words affect others</li> <li>● I maintain an optimistic view of my abilities even in the face of adversity</li> </ul>
<p><b><u>Self-Care:</u></b> I tend to the health of my mind, heart, and body.</p>	<ul style="list-style-type: none"> <li>● I make responsible decisions to take care of myself</li> <li>● I commit to ongoing practices that support my mental, emotional, and physical health</li> <li>● I recognize when I need support</li> <li>● I advocate for support from peers and adults</li> <li>● I practice gratitude by giving and receiving praise</li> </ul>
<p><b><u>Self-Regulation:</u></b> I adapt to challenging situations by managing my thoughts, feelings, and actions.</p>	<ul style="list-style-type: none"> <li>● I focus attention on the positive aspects of a situation when experiencing stress</li> <li>● I respond appropriately to setbacks and challenging situations</li> <li>● I monitor my own emotions and reactions</li> <li>● I control my impulses</li> <li>● I adjust to different situations while still being me</li> <li>● I focus on work independently</li> </ul>
<p><b><u>Work Habits</u></b> I use a variety of skills to meet my school, work, and life commitments.</p>	<ul style="list-style-type: none"> <li>● I organize my materials</li> <li>● I make sure that I and others have what we need to learn</li> <li>● I create routines to manage my time to meet commitments and complete tasks</li> <li>● I evaluate my work for quality using feedback, success criteria, and models</li> <li>● I consistently demonstrate care and pride in the things I do</li> </ul>



	<ul style="list-style-type: none"> <li>• I seek support or resources to meet my goals and obligations</li> </ul>
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**Compass Point Alignment**

The following Learner and Leader Competencies deeply support the attainment of each of the Compass Points. This is not meant as an exclusive list, nor should it be a tool that students memorize. Instead teachers can use the Compass Point Alignment to support students in making their own connections about how the Learner and Leader Competencies truly support Compass Point development. Foundational Competencies for grades 6-8 are noted in purple. (See [Competency Development Overview 6-8.](#))

I Seek Excellence: Academic Mastery for All (North):

- Critical Thinking
- Growth Mindset
- Knowledge Building
- Metacognition
- Goal Navigation
- Work Habits

I am Determined: Learning Propels Self- Agency and Resilience (South):

- Goal Navigation
- Growth Mindset
- Metacognition
- Self-Awareness
- Self Care
- Self-Regulation

I am Inclusive: Learning Opens Worlds (West):

- Collaboration
- Communication
- Perspective Taking
- Positive Risk Taking
- Respect
- Self-Awareness

I am a Changemaker: Learning Promotes the Greater Good (East):

- Advocacy
- Collaboration
- Communication
- Critical Thinking
- Perspective Taking
- Positive Risk Taking
- Self-Awareness

I Belong: Learning is Powered by Community (Center):

- Collaboration
- Communication
- Perspective Taking
- Positive Risk Taking
- Respect