



SELF CAPABILITIES

	Years 7 & 8 Evolving	Years 9 & 10 Embedding	Years 11 & 12 Excelling
WELLBEING How is my mental health?	<ul style="list-style-type: none"> Shows kindness and understanding to peers. Connects with teachers and students. Asks for help. Copes with change and managed their emotions. 	<ul style="list-style-type: none"> Works with and supports others. Maintains motivation through positive work ethic. Uses strategies to manage stress and self-regulate. Displays empathy and compassion. 	<ul style="list-style-type: none"> Demonstrates emotional regulation. Displays empathy and compassion. Engages in the College community. Builds positive connections with others. Balance lifestyle to ensure success.
RELATIONSHIPS Am I consolidating my learning?	<ul style="list-style-type: none"> Listens and respects all members of the class. Communicates often with subject teachers. Encourages and supports peers. Communicates positively in a digital setting. 	<ul style="list-style-type: none"> Be inclusive of all students in the class. Interacts with teachers in a positive manner. Maintains positive relationships through respect and listening to others. Strives to have a positive impact in the class. 	<ul style="list-style-type: none"> Supports the learning of others and contributes to a safe environment. Collaborates with others in a respectful manner. Works constructively with others. Works positively with others within a virtual setting.
BEHAVIOURS Is my behaviour helpful to my learning?	<ul style="list-style-type: none"> Comes to class on time and ready to learn. Brings books and equipment to all classes. Perseveres when tasks are difficult. Willing to accept challenges. 	<ul style="list-style-type: none"> Makes a purposeful contribution to the classroom environment and shared learning. Is attentive, focused and self-directed. Is equipped and prepared for learning. Is respectful and supportive of the learning of others. Manages time effectively and seeks help when required. 	<ul style="list-style-type: none"> Takes responsibility for own learning. Responds to the ongoing challenges of learning. Displays respect for peers and teachers. Shows gratitude for the people, environment, and opportunities provided for learning.
SKILLS Am I managing my time? Am I learning from my mistakes?	<ul style="list-style-type: none"> Completes work to the appropriate level. Follows instructions. Completes set work on time. Keeps a neat and tidy workbook. 	<ul style="list-style-type: none"> Asks and answers questions to assist understanding. Maintains well organised class notes. Responds to tasks in appropriate detail. Seeks and acts on feedback. Submits completed work on time. 	<ul style="list-style-type: none"> Plans ahead for successful learning. Actively engages with learning tasks and strives for the Magis. Identifies and addresses individual learning gaps. Seeks and applies feedback.
ENGAGEMENT Am I informed of the task? Am I asking questions?	<ul style="list-style-type: none"> Asks questions when unsure. Focused and on task. Reflects on own work. Participates in class activities. 	<ul style="list-style-type: none"> Participates with an open mind and a willingness to learn. Makes every effort to do their best with their learning. Contributes to class discussions. Seeks help to improve learning. Shows an ability to reflect on learning. 	<ul style="list-style-type: none"> Actively participates and is focussed on learning goals. Values and reflects on feedback from peers and teachers. Takes personal responsibility for learning and growth. Identifies and implements strategies to enhance learning.
TECHNOLOGY Am I inspired? How do I become inspired?	<ul style="list-style-type: none"> Able to use technology effectively. Apply new skills to complete tasks. Research information to complete a task. To collaborate and interact with technology and equipment in a safe and responsible manner. 	<ul style="list-style-type: none"> Be versatile in adapting to technology. Collaborates and interacts with technology in a safe and responsible manner. Uses knowledge and technology to apply learning to real world situations. Is motivated to apply technology in a creative manner. 	<ul style="list-style-type: none"> Responds and refines approaches to tasks. Evaluates the effectiveness of learning strategies and work practices. Engages in innovating thinking that results in productive solutions. Uses digital citizenship skills to participate fully and makes smart choices in life.

How often do we demonstrate each of the capabilities?

- Above Expectations - 90% of the time or more
- Meets Expectations - 70% of the time or more
- Working Towards Expectations - 60% of the time or more
- Below Expectations - Less than 60% of the time

