



: PD Competencies and Skills

Type	Code	Descriptor	Statement or Guiding Question	National Standards Alignment	XQ Learning Goals Cross	MyWays Connections	Portrait of a Graduate Alignment
Area	PD	Personal Development Self-reflection	IMPORTANT: Self-reflection not rated by teachers				
Competency:	PD.1	Demonstrate Effective Effort	I can demonstrate a growth mindset in my approach to challenges, learning, and new opportunities.	MindsetWorks.Effective Effort Rubric			
Skill	PD.1.1	Take on challenges	How willing am I to take on challenges?	MindsetWorks.Effective Effort Rubric.1	LFL.1 Self-driven, self-directed. Cu	HOS.2 Self-Direction and Perseverance HOS.3 Positive Mindsets	Confidence
Skill	PD.1.2	Learn from mistakes	How well do I learn from my mistakes?	MindsetWorks.Effective Effort Rubric.2	LFL.1 Self-driven, self-directed. Cu	HOS.2 Self-Direction and Perseverance	Adaptability, Confidence
Skill	PD.1.3	Accept feedback and criticism	How well do I accept and apply constructive feedback?	MindsetWorks.Effective Effort Rubric.3	LFL.1 Self-driven, self-directed. Cu	HOS.2 Self-Direction and Perseverance HOS.4 Learning Strategies	Adaptability, Collaboration, Confidence
Skill	PD.1.4	Practice and apply strategies	How well do I practice to improve and apply strategies to accomplish my goals?	MindsetWorks.Effective Effort Rubric.4	LFL.1 Self-driven, self-directed. Cu	HOS.2 Self-Direction and Perseverance HOS.4 Learning Strategies	Confidence
Skill	PD.1.5	Persevere	How well do I keep trying even when things get hard?	MindsetWorks.Effective Effort Rubric.5	LFL.1 Self-driven, self-directed. Cu	HOS.2 Self-Direction and Perseverance	Confidence
Skill	PD.1.6	Ask Questions	How well do I ask questions when I need help?	MindsetWorks.Effective Effort Rubric.6	LFL.1 Self-driven, self-directed. Cu	HOS.2 Self-Direction and Perseverance HOS.4 Learning Strategies	Confidence
Skill	PD.1.7	Take Risks	How willing am I to take risks?	MindsetWorks.Effective Effort Rubric.7	LFL.1 Self-driven, self-directed. Cu	HOS.2 Self-Direction and Perseverance HOS.3 Positive Mindsets	Confidence
Competency:	PD.2	Make Informed Decisions	I can demonstrate effective decision-making skills to help me achieve my academic and personal goals.				
Skill	PD.2.1	Identify the decision	How well do I identify decisions I need to make?	Building 21 Original Content	LFL.1 Self-driven, self-directed. Cu	WA.1 Survey the Learn, Work, and Life Landscapes WA.2 Identify Opportunities and Set Goals	
Skill	PD.2.2	Choose and apply decision making process	How well do I follow a decision making process?	Building 21 Original Content	LFL.1 Self-driven, self-directed. Cu	HOS.2 Self-Direction and Perseverance WA.1 Survey the Learn, Work, and Life Landscapes WA.4 Find Needed Help and Resources	Confidence, Conscientious
Skill	PD.2.3	Take responsibility and determine consequences	How well do I think about consequences and personal responsibility?	Building 21 Original Content	LFL.1 Self-driven, self-directed. Cu	HOS.5 Social Skills and Responsibility CKH.5 Practical Life Skills	Confidence, Conscientious
Skill	PD.2.4	Communicate my decision	How well do I communicate my decisions?	Building 21 Original Content	LFL.1 Self-driven, self-directed. Cu	CKH.3 Communication and Collaboration	Communication, Confidence
Skill	PD.2.5	Reflect on my decisions	How well do I reflect on decisions I make?	Building 21 Original Content	LFL.1 Self-driven, self-directed. Cu	HOS.2 Self-Direction and Perseverance HOS.3 Positive Mindsets	Confidence, Conscientious
Competency:	PD.3	Demonstrate Social Skills and Awareness	I can demonstrate the ability to show empathy, communicate well with others, handle conflict and manage my time on technology.				
Skill	PD.3.1	Recognize feelings and perspectives of others	How well can I recognize the feelings and perspectives of others?	Building 21 Original Content	GCTP.1 Self-aware team members GCTP.3 Inquisitive world citizens w	HOS.5 Social Skills and Responsibility CKH.3 Communication and Collaboration	Adaptability, Collaboration, Communication
Skill	PD.3.2	Manage conflicts	How well do I recognize and manage conflicts in positive ways?	Building 21 Original Content	GCTP.1 Self-aware team members GCTP.3 Inquisitive world citizens w	HOS.5 Social Skills and Responsibility CKH.3 Communication and Collaboration	Adaptability, Conflict Resolution
Skill	PD.3.3	Use strategies to resolve conflicts	How well do I use strategies to resolve conflicts?	Building 21 Original Content	OTUW.3 Creative thinkers—reframi GCTP.1 Self-aware team members GCTP.3 Inquisitive world citizens w	HOS.5 Social Skills and Responsibility CKH.3 Communication and Collaboration	Collaboration



: PD Competencies and Skills

Type	Code	Descriptor	Statement or Guiding Question	National Standards Alignment	XQ Learning Goals Cross'	MyWays Connections	Portrait of a Graduate Alignment
Skill	PD.3.4	Manage time on technology	How well do I manage the time on spend on technology?	Building 21 Original Content		HOS.5 Social Skills and Responsibility CKH.3 Communication and Collaboration	