

Personal Development and Career Planning – Grades 3-5

Personal Development

4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Effectively communicates thoughts and feelings to others; shows an awareness of the effect people have on the feelings of others; demonstrates empathy.	Purposefully identifies and communicates feelings to others; identifies the need for empathy for the feelings of others.	Identifies and communicates basic feelings of self and others; acknowledges the similarities and differences of others.	Seldom able to: -identify or communicate basic feelings of self and others; acknowledge the similarities and differences of others
Consistently resolves their own and others' conflicts without the use of physical aggression.	Often uses active listening skills, adequately implements basic conflict-management strategies, and knows when to seek assistance.	Exhibits limited ability to use active listening skills and to articulate thoughts when interacting with others.	Rarely able to use active listening skills and articulate thoughts when interacting with others.
Independently evaluates the results of choices and continues to explore other options.	Effectively applies the problem-solving process.	Capable of listing steps in problem-solving process.	Seldom able to list the steps in the problem-solving process.
Intrinsically motivated to practise responsible behaviour.	Practises responsible behaviour in the school environment.	Inconsistently practises responsible behaviour in the school environment.	Rarely practices responsible behaviour in the school environment.

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Lifelong Learning

4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Uses learning style to develop personal study strategies.	Describes learning style and employs study skills.	Shows limited understanding of learning styles and study skills.	Seldom able demonstrate understanding of learning styles and study skills
Intrinsically motivated to produce quality work.	Acknowledges the relationship between motivation, effort, and performance in the production of quality work.	Limited ability to identify the relationship between motivation, effort, and performance.	Rarely able to identify the relationship between motivation, effort, and performance.
Consistently demonstrates the ability to review and evaluate personal plans.	Demonstrates the ability to develop and monitor a personalized plan for a short-term goal.	Develops a personalized plan with assistance.	Rarely able to develop a personalized plan.
Independently researches how specific skills learned at school relate to various occupations.	Describes how the knowledge and skills learned at school relate to various occupations.	Limited ability to relate how the skills and knowledge learned at school relate to various occupations.	Seldom able to connect how the skills and knowledge learned at school relate to various occupations.

Career Exploration and Planning

4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Examines personal benefits derived from various jobs.	Describes various jobs.	Exhibits limited knowledge of jobs and ways to access career information.	Seldom exhibits knowledge of jobs and ways to access career information.
Describes factors that influence career choices and, when given a set of values, interests, and attitudes, would be able to match these to potential occupations.	Identifies factors that influence career choices.	Limited ability to identify the factors that influence career choices.	Rarely exhibits the ability to identify the factors that influence career choices.
Independently develops a personal lifestyle goal to enhance learning.	Sets personal goals for a healthy lifestyle.	Limited ability to identify factors that influence healthy lifestyles.	Rarely exhibits the ability to identify factors that influence healthy lifestyles.