

Personal Development

Realm Rubric

Student: _____ Product Assessed: _____

Assessed by: self peer teacher other Date: _____

Indicators	Developing	Grade 8	Grade 10	Grade 12	Far Exceeds Expectations
Respect for self as a learner <i>How do I respect myself as a learner?</i>	Emerging sense of the importance of learning Begins to accept support to learn successfully	Accepts the idea that learning is important Accepts support to learn successfully	Begins to demonstrate an inward desire to learn Recognizes that there are different learning styles and is beginning to understand their own personal learning style Seeks answers and help when needed	Demonstrates an inward desire to learn Understands own personal learning style Independently seeks support to learn successfully	Demonstrates a passionate desire to learn Has profound insight into own personal learning style Eagerly seeks support to learn successfully
	Evidence:				
Self-Direction <i>How well do I take responsibility for my own learning?</i>	Needs significant support to complete assignments, establish goals and manage progress	With support, can complete assignments, establish goals and manage progress	Working towards independently completing assignments, establishing goals and managing progress toward achieving them	Independently completes assignments, establishes goals and manages progress toward achieving them	Seeks out opportunities of responsibility and independently establishes goals and works toward achieving them
	Evidence:				
Organization <i>What strategies do I use to be organized?</i>	With support, recognizes the need for organizational strategies	With support, uses organizational strategies	Independently uses organizational strategies	Independently and successfully uses organizational strategies	Independently and successfully uses organizational strategies to manage large-scale, multiple tasks simultaneously
	Evidence:				
Personal Insight <i>What are my strengths and weaknesses?</i>	Can recognize strengths and weaknesses with support	Begins to independently identify strengths and weaknesses	Identifies own strengths and weaknesses	Begins to act upon identified strengths and weaknesses	Strives to improve areas of weakness and utilizes strengths
	Evidence:				
Self-nurturance <i>Do I know how to nurture myself?</i>	Limited exposure to facts and issues regarding substance abuse, sexuality, nutrition, mental health and fitness	Awareness of facts and issues regarding substance abuse, sexuality, nutrition, mental health and fitness	Understanding of facts and issues regarding substance abuse, sexuality, nutrition, mental health and fitness	Comprehensive understanding of facts and issues regarding substance abuse, sexuality, nutrition, mental health and fitness	Integrates facts and issues regarding substance abuse, sexuality, nutrition, mental health and fitness into daily practice
	Evidence:				