

C.A.R.E.S. Readiness Self-Reflection

This year, we've worked hard to develop important skills related to the C.A.R.E.S. competencies: cooperation, assertiveness, responsibility, empathy, and self-control. Now that the year has come to a close, it's time to reflect on your growth. Take some time to think about your strengths and areas for growth within each of the competencies.

For each section, please answer the questions honestly and thoughtfully. Be proud of the progress you've made, and think about how you can continue to grow.

1. Cooperation

Strengths:

- What are some ways you've worked well with others this year? What makes you a good team player?
- *Example: I listen to what others say and try to help them when we are working on tasks together.*

Growth Areas:

- What are some challenges you've faced when cooperating with others? How might you improve in these areas?
- *Example: Sometimes I find it hard to share responsibilities evenly within a group.*



2. Assertiveness



Strengths:

- How have you been able to express your thoughts, needs, or feelings clearly this year?
- *Example: I've been able to ask for help when I need it and share my ideas in class discussions.*

Growth Areas:

- In what situations do you find it difficult to speak up? How can you become more comfortable in those moments?
- *Example: I get nervous when I need to ask questions in front of the class.*

3. Responsibility



Strengths:

- What responsibilities have you handled well this year? How do you make sure you follow through on your tasks?
- *Example: I complete my homework on time and keep track of my materials.*

Growth Areas:

- Are there times when you struggled with responsibility? How can you improve in this area?
- *Example: Sometimes I miss due dates or forget to turn in assignments.*



4. Empathy



Strengths:

- How have you shown kindness and understanding toward others this year?
- *Example: I try to help my friends when they are upset or confused.*

Growth Areas:

- Are there situations where you have trouble understanding others' feelings?
How can you become more empathetic?
- *Example: I sometimes don't know how to respond when someone is feeling sad.*



5. Self-Control



Strengths:

- When have you been able to stay calm or make good choices, even when things were challenging?
- *Example: I've learned to take deep breaths when I feel frustrated or angry.*

Growth Areas:

- In what situations do you struggle the most with self-control? How can you improve in these moments?
- *Example: I sometimes have trouble waiting my turn when I'm excited.*
