**Skills progression tracker – version 2**

**Name: Age: Class: Gender:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **NEVER** | **SOMETIMES** | **MOSTLY** | **ALWAYS** |
| ***Critical and Creative Thinking Skills*** |  |  |  |  |
| I examine my own and others’ attitudes, assumptions and behaviours regarding people and issues |  |  |  |  |
| I recognise and question biased perspectives, including stereotypes, in a range of media sources |  |  |  |  |
| I use my knowledge to imagine possible solutions to local or global issues |  |  |  |  |
| ***Empathy Skills*** |  |  |  |  |
| I imagine how I would think and feel if I was in somebody else’s situation |  |  |  |  |
| I recognise how different backgrounds, beliefs and personalities affect behaviour and perspectives |  |  |  |  |
| I understand that people’s choices can be shaped by complex factors outside their control |  |  |  |  |
| ***Self Awareness and Reflection Skills*** |  |  |  |  |
| I recognise my own strengths and weaknesses well |  |  |  |  |
| I understand that my emotions, words and behaviour impact on myself and upon other people |  |  |  |  |
| I evaluate my own experiences and learning to inform my future thinking and actions. |  |  |  |  |
| ***Communication Skills*** |  |  |  |  |
| I adapt my communication style effectively according to audience, subject matter and purpose |  |  |  |  |
| I can argue rationally and persuasively about local or global issues |  |  |  |  |
| I listen to, reflect on, and respond respectfully to alternative views and perspectives to my own |  |  |  |  |
| ***Cooperation Skills*** |  |  |  |  |
| I can identify and evaluate the different roles and responsibilities required by a specific group task |  |  |  |  |
| I am sensitive to the needs of others, helping everyone work well together |  |  |  |  |
| I can negotiate effectively in relationships with peers and adults |  |  |  |  |
| ***Manage Change and Complexity Skills*** |  |  |  |  |
| I can adapt to new situations and can explore multiple perspectives and alternative visions of the future |  |  |  |  |
| I seek to integrate new ideas or perspectives into my own thinking about the world and personal behaviour |  |  |  |  |
| I break goals into achievable steps to anticipate and overcome obstacles in a positive manner |  |  |  |  |
| ***Taking Action Skills*** |  |  |  |  |
| I critically examine my own attitudes, assumptions and behaviour |  |  |  |  |
| I select appropriate goals and plan actions to achieve them |  |  |  |  |
| I influence others to explore global issues and take reflective actions |  |  |  |  |