

Skills progression tracker – version 2

Name: _____ Age: _____ Class: _____ Gender: _____

	NEVER	SOMETIMES	MOSTLY	ALWAYS
<i>Critical and Creative Thinking Skills</i>				
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				
<i>Empathy Skills</i>				
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				
<i>Self Awareness and Reflection Skills</i>				
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.				
<i>Communication Skills</i>				
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				
<i>Cooperation Skills</i>				
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				
<i>Manage Change and Complexity Skills</i>				
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				
<i>Taking Action Skills</i>				
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				



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