

## How can I be my most effective self?

	<b>Communication:</b> How do I use the 7 Habits to communicate and collaborate, and develop habits to support my growth as a learner?	<b>Thinking:</b> How do I use the 7 Habits to think creatively, critically, and reflectively to support my growth as a learner?	<b>Personal and Social:</b> How do I use the 7 Habits to develop personal and social awareness and responsibility and positive personal and cultural identity to support my growth as a learner?
Habits I use and notes on my use:	Habit 3: Put first things first Habit 4: Think Win-Win Habit 5: Seek first to understand then to be understood	Habit 1: Be Proactive Habit 2: Begin with the end in mind	Habit 6: Synergize Habit 7: Sharpen the Saw
VISUAL Idea:	Sketchnote: I will use Procreate with an aesthetically pleasing pallet to visually represent habits 3, 4 & 5 and the connection to communication and my personal experiences. I will use drawings combined with text to create my sketchnote. I will then put the sketchnote into Keynote with voice recordings and possibly animations.		
AUDIO Idea:			Playlist of at least 3 songs: songs that have the message of teamwork and acceptance of differences as well as songs that I enjoy and listen to to sharpen the saw. To represent Synergize, I will include songs from several different cultures to show acceptance of differences. To sharpen the saw I will include songs that were played during a virtual Tony Robbins seminar that my family and I attended over spring break. These songs are good for dancing to reach a "peak state" to be as effective as possible. Songs may include: <i>Under Control</i> , <i>Stronger (What doesn't kill you)</i> , <i>Shut Up and Dance</i> , etc.
KINAESTHETIC Idea:		Physical sculpture: I will use household paper, clay, etc to create a sculpture to show how to be proactive and begin with the end in mind to support growth as a learner. These sculptures will depict people taking responsibility for everything in their life. It will also show them taking steps to reach a goal. Will likely use modelling clay or paper cutouts. May attempt to make miniature scenes with objects like wallets, cutlery, etc, like the ones created by Instagram artist: <a href="#">@tanka_tatsuya</a>	
WRITTEN: Write a final reflective learning portfolio post that shows your work through this project (Assessment choice board work, workbook, notes chart, and more!) and your final creations you pitched above.  Your focus should be on: answering the driving question showing: <b>Empowered Learner:</b> How might I use technology to <b>construct</b> knowledge? <b>And Creative Communicator:</b> How might I use technology to <b>create</b> and <b>communicate</b> ?	<ul style="list-style-type: none"> <li>- <b>Answer to the driving question</b></li> <li>- I can use technology to learn through videos, graphics and text. I used the 7 Habits book, workbook and activities.</li> <li>- I can use technology to show, share, communicate and retain my learning through the use of sketchnotes, podcasts, models, playlists, graphics and more.</li> <li>- Explanations of my thinking and connection to competencies and DQ to accompany each choice board, final products, workbooks, notes</li> <li>- thoughts on book</li> <li>- Assessment of my ability to accomplish or extend on the competencies</li> <li>- How I plan to continue these habits moving forward</li> <li>- Specify which habits I need to work on most</li> </ul>		

### How to Complete This Form!

1. Ask yourself the questions in the Header row.
2. Write some ideas you have about which *Habits* you think you use for each and *examples* of how have or plan to use them for each question in 1.
3. Decide how you will represent your learning for each question. You must use one of each: visual, audio, kinaesthetic. Write your idea under the column of the question you will use your idea for. Then grey out the other boxes in that column.
4. Repeat for each column in 3.
5. Write notes on how you will answer the DQ for the written section.