



2022 / 2023 LEARNING PLAN

Learner name:	Sydney Howarth
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Statement of Learning Intent

This year I plan to work very hard but also try to understand when things are getting too much. I plan to actually ask questions when I need to because last year I didn't do that very well for example, I wanted to join track and field but I didn't get added to the teams and instead of going to ask to be added I just decided not to do it. I'm going to complete this goal by going and asking questions whether that's going to ask the office or a teacher through teams. I feel I need to do this because I've developed some social anxiety as of late and I want to try and get better at regulating it. Another thing I think I need to practice is taking a step away from my work or a project because I have some very controlling tendencies while doing group work where I try to do everything myself so I'm going to try and recognize when I'm doing that by stopping sometimes and doing a full body check and take a break if I'm controlling too much.

This year, I plan my learning to look like:

Communication	Thinking	Personal and Social
Communicating: Profile 5: I communicate confidently, using forms and strategies that show attention to my audience and purpose.	Creative Thinking: Profile 5: I can think "outside the box" to get innovative ideas and persevere to develop them.	Personal Awareness and Responsibility: Profile 5: I recognize my value and advocate for my rights. I take responsibility for my choices, my actions, and my achievements.
Collaborating: Profile 5: I can facilitate group processes and encourage collective responsibility for our progress.	Critical and Reflective Thinking: Profile 5: I can evaluate and use well-chosen evidence to develop interpretations; identify alternatives, perspectives, and implications; and make judgments. I can examine and adjust my thinking.	Positive Personal and Cultural Identity: Profile 5: I understand that my identity is influenced by many aspects of my life. I am aware that my values shape my choices and contribute to making me a unique individual.
		Social Awareness and Responsibility: Profile 5: I can advocate and take action for my communities and the natural world. I expect to make a difference.

Humanities 9



Strengths	Growth	Support
<ul style="list-style-type: none">A strength I bring to this subject is my willingness to learn and accept new knowledge. I also bring my responsibility and helpfulness, by that I mean if there's someone in my group who isn't paying attention or is struggling I can help them. A previous accomplishment I'm going to build on is my quality of work. Last year I had a pretty high quality of work and I'm quite proud of that so this year I'd like to continue to have that quality and maybe even build that quality of work in this subject	<ul style="list-style-type: none">The next thing I want to do in this subject area is work on managing my time doing homework and taking breaks. What I mean by this doing little 30 minute work sprints then take a short break then work again for 30 minutes so that I don't get burnt out. I'm going to stretch beyond my comfort zone by taking breaks, now I know that doesn't sound like a stretch but for me when I start working sometimes I can't stop and then I don't feel great cause I haven't taken a break so I'll actually be more productive if I take breaks. I'm going to take the risk of speaking up this year. If I see something that I don't think is good then I'm going to take the risk of telling someone about or telling the person who did it that it wasn't something they should be doing.	<ul style="list-style-type: none">Some support that I could use from both parents and teachers is paying attention when I'm working and making sure I'm not doing too much at one time and also noticing when I'm starting to get burnt out so I can make sure to take a break then. I'll also support myself by checking in with my brain and making sure it's not too tired.

Maker (ADST) 9



Strengths	Growth	Support
<ul style="list-style-type: none">I bring my teamwork to this subject. When working as a team I can be a leader but also let others do the job sometimes. This is especially helpful when doing DI because sometimes the group needs some direction and I believe I'm good at giving that nudge of direction when needed. This year I'm going to build on my drawing accomplishment from the Carr and Herzog project and I'm going to try and get even better at taking pictures because I think that's a skill I'm going to need all my life.	<ul style="list-style-type: none">Like in my strengths I'm going to try and grow my skills in photography so that's something I'd really like to focus on. I think this year I'm going to go beyond my comfort zone by trying to be positive for example I won't boo when I hear that were doing something I don't necessarily want to do because someone might really be excited to do it and I don't want to ruin it for that person. I'm going to take the risk of working with people who I'm not super close with and I'm going to try and get good quality work done with them.	<ul style="list-style-type: none">The most support I need in this subject is just someone calling me out about this learning plan when I do groan about something so that I break the habit of having a set mindset and instead changing it to be a growth one.

PGP (Careers) 9



Strengths	Growth	Support
<ul style="list-style-type: none">A strength I bring to this area is that I already manage my time quite well. If I know that I won't be able to complete something then I spread it out during other days or I come in for tutorial. For example while I'm writing this it's currently Wednesday and I just finished my humanities work and I know that I won't have much time tonight to do homework because of extra curriculars so I'm doing it now. I'm going to build on my time management because while I'd say it's a pretty developed skill of mine I think there's always room for improvement.	<ul style="list-style-type: none">I'd really like to learn how I learn. Whether that be taking a test to find out or just gaining more experience in figuring that kind of stuff out. A way I can stretch beyond my limits is make sure I understand something before I move on so I don't fall behind on anything. A risk I can take to achieve this is to do my own research if I don't understand something or even asking for help when I need and not being afraid to do it.	<ul style="list-style-type: none">It would be helpful for the teachers to pay attention to how I learn best and maybe let me know what I need to work on and what I do well on.

Science 9



Strengths	Growth	Support
<ul style="list-style-type: none">A strength I bring to science is my questions. In previous classes I've tended to be the only person who had a question. Even if I don't necessarily have a question I try to look through the material to find a question that I could ask to make sure I understand the material. I'm going to build on my dedication and work from last year. I'm going to use the knowledge and skills I built last year to make myself successful in this subject.	<ul style="list-style-type: none">I'd really like to talk more about space this year. I find it fascinating but I unfortunately don't know a lot about it and would like to learn more. I'm going to stretch beyond my comfort zone by looking into topics that I think are cool because I tend to just let go of a topic after we've learned about it instead of going more into detail. A risk I'm going to take this year in science is not over doing things by that I mean I'm not going to go for perfection because nothing can ever be perfect and I need to understand that.	<ul style="list-style-type: none">Some support I could use from everyone in this subject is when looking at my work just take notice if I put too much detail into it or I worked too much on it and tell me to back off a bit.

To achieve this plan, I will:

Disposition	Habits	Systems
<ul style="list-style-type: none">I'd like to be a person that people can come to if they have questions and I'd like to have the answers to those questions. I think the mindset of a successful learner is a growth one. I think a growth mindset includes the learner asking mindful questions so they understand what going on and can complete the work. I think someone with a growth mindset is someone who can complete their learning goals.	<ul style="list-style-type: none">A habit I have but can still grow is handing in work on time at a decent time. I think I do pretty well with this but I think it's still a good habit to work on. Another habit I think is really important for me to work on is not over working myself, I'm doing a lot of activities this year so I need to work on balancing work and those activities.	<ul style="list-style-type: none">I recently downloaded an app called structured that helps me organize my day and it helps me develop a system for each day. I can just check what's coming next and then I know what's happening with my day I also get notifications from it so that's even less thinking. I also use things and I expect to keep using it in the future.

Success Behaviours of an Accomplished Learner (not used to determine achievement grade)

Agency	Engagement	Conduct
Seeking help: <ul style="list-style-type: none">Seeks extra help when needed. Completing assignments <ul style="list-style-type: none">Completes assignments on time to the best of their ability. Goals and self-assessing : <ul style="list-style-type: none">Sets goals and self-assesses using criteria. Accepting feedback: <ul style="list-style-type: none">Accepts feedback and makes revisions . Ownership: <ul style="list-style-type: none">Hands in work featuring their own thoughts and ideas and giving others credit for theirs.	Contributions: <ul style="list-style-type: none">Contributes ideas and thoughts. Helpfulness: <ul style="list-style-type: none">Helpful to other students and in creating a positive and supportive learning community. Evidence of a Thinking Learner: <ul style="list-style-type: none">Provide evidence of independent thinking relevant to classroom prompts and topics that includes consideration from different perspectives.	Respect: <ul style="list-style-type: none">Respects the rights and opinions of others; always listens when others are speaking. Focus: <ul style="list-style-type: none">Focuses on task at hand. Evidence of Growth as a Learner <ul style="list-style-type: none">Demonstrate growth as a learner with regular learning reflection posts that document the process of learning.
Preparation	Attendance	Punctuality
<ul style="list-style-type: none">Comes to class prepared to learn and ready to participate	<ul style="list-style-type: none">Attend all classes (excluding rare excused absences).Communicates with teachers pro-actively in advance of absences and completes missed work.	<ul style="list-style-type: none">On time and ready to learn at the bell.Returns from breaks on time and without prompting.



Beginning



Almost



Effective



Sophisticated



Proficiency Scale	Emerging	Developing	Accomplished	Extending
	The student demonstrates an initial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a partial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a complete understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a sophisticated understanding of the concepts and competencies relevant to the expected learning.
What does work at this level look like?	Minimal	Vague	Competent	Cogent
	Basic	Partial	Complete	Authentic
	Superficial	Inconsistent	Comprehensive	Real-World
	Nominal	Limited	Solid	Deep
	Narrow	Moderate	Detailed	Exemplary
	Incoherent	Erratic	Proficient	Lucid
	Formless	Undeveloped	Thoughtful	Insightful
	Paltry	Simple	Mainstream	Beautiful