

## Learning Progression: Self-Understanding

Understanding who I am, how I fit into the world, my goals and aspirations, and my potential for success.

Dimension	Getting Started	Making Progress	Looking Promising	Well on Track	Geared for Success
<b>Identity</b>  Understanding who I am	I'm trying to figure out what makes me "me"—my interests, talents, language, culture, beliefs, feelings, personality, values, and relationships.  If someone asked me to describe who I am, I'm not sure what I'd say.	I know it's important to learn about myself, and I'm starting to think more about who I am and why.  I'm discovering new things about myself that I wasn't aware of before, and I'm learning to recognize my feelings.	I'm good at discovering more about myself and what matters to me and my family.  I'm gaining confidence in my language, culture, and beliefs and am uncovering interests and personality traits.	I know a lot about different pieces of my identity, like my interests, values, beliefs, and culture.  I have a good understanding of my personality, and about how I'm feeling and why.	I know who I am, what matters to me as an individual, and how to nurture my own identity and others' identities.  When asked, I can describe in detail what makes me "me."
<b>Place</b>  Understanding how I fit into the world	I'm trying to figure out how the place I live, my family, and other people in my life, past and present, have impacted who I am.  I want to learn a lot more about my family history and the history of my land and community.	I know that who I am has a lot to do with my family and where I live. Our history is important to me.  I'm starting to work out how I fit into others' lives and into the story of my family.	I'm learning the stories of my family and where I live, and they're teaching me about myself.  When I think about who I am, I think about where I live, my family, and our relationships and experiences.	I can see how my own experiences, others' experiences, and the places we have lived all make me who I am.  I respect myself, my family, the land I live on, and people who have helped shape me in the past and present.	I know my story—the story of where I live, my family, and how our experiences have made me who I am.  I know why I matter and why other people matter to me. I'm proud of our history, who we are, and where we're going.
<b>Purpose</b>  Understanding how I can contribute	I want to learn more about what gives my life meaning—what are my goals? What was I put in the world to do?  I'm trying to figure out how to make myself, my family, and others happy.	I want to contribute to (improve) people's lives and the world. I'm discovering some of the ways, big and small, that I can do it.  I have some short-term and long-term goals for my life.	I'm discovering specific things I can do to impact my family, my friends, other people, and the world in positive ways.  My goals are developing as I learn about the unique ways I can "add" to the world.	I always think about whether my actions will add to (improve) or take away from (worsen) my life, the lives of my family and others, and the world.  I have clear and exciting goals for my life.	I know the unique ways I can contribute, and I'm confident about how to live my life.  Every day, my actions make the world a better place for myself and my family, friends, land and community.
<b>Capacity</b>  Understanding my potential for success	I'd like to start being more active about finding ways to grow as a person and achieve my goals.  I want to learn to be brave and to trust in my ability to succeed in the ways I want to.	I'm starting to believe in myself more, and in my ability to reach my goals.  I'm trying to be brave and courageous about going for goals, rather than being discouraged when I face challenges.	I think a lot about what I want to achieve and how to make it happen. I'm starting to follow my instincts and to trust in my abilities.  I believe I can achieve a lot of my goals.	I know that I have a lot of potential, and I'm always thinking about ways to achieve my goals.  If I have a gut feeling or instinct about what's good for myself or others, I'm usually brave enough to try to make it happen.	I have the courage to take action and make decisions to improve my own life and others' lives.  I believe that my hopes and dreams will come true—I know that I have what it takes to succeed in the ways I want to.