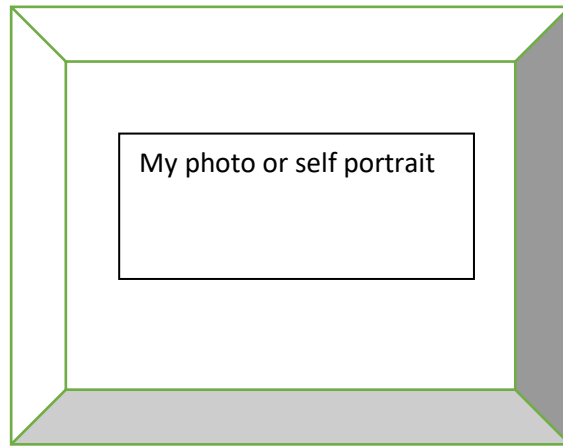


My 7 Cs Learning Portfolio



Name:

Age:

School:

Year group:

Date completed:

Date of 1st review:

Date of 2nd review:

Date of 3rd review:

The 7 Cs Learning Portfolio has been written to help you and the adults that work with you, to name the things that you are good at as a learner (your strengths,) and the things you would like to be good at (your developments.) It has 7 themes which all begin with the letter C! With an adult take a look at each of the 7 Cs and talk about these and agree 3 strengths and 3 developments. You can then agree what might help you to achieve your next learning steps.

Cognition

Cognition is the first C and it means thinking. What are your thinking strengths and areas for development? Read each of the following and consider your skills. What mark out of 10 would you give yourself if 10 was the very best mark and 1 the lowest?

Working Memory is what I use to ‘hold’ information before I remember it in my long term memory. So if someone at home asks me to go and get my shoes, bag and jumper, do I remember this or do I end up in my room and have to ask what am I supposed to be getting? Also do I listen to the Teacher but when we are told to start work, have no idea what I should be doing?

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Speed of processing is how quickly I can take on information and keep up with others. Do I find myself feeling confused in class and wishing the Teacher would slow down? Is it hard to follow what is being said?

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Inference is what I make if I listen and use key bits of information to make a prediction or guess. When I'm reading or listening can I imagine what might happen next or what it would be like if that happened to me? Can I work out what I should do next from listening to part of the instruction?

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Anticipation is what I do when I stop, think and consider what might happen next.

Am I able to pause and consider what might happen if... or do I tend to rush ahead? This can be with work or with other things. Can I use the information I have to work out what I might need to do next or do I always ask someone?

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Reflection is when I think back over something that has happened.

Am I reflective? Will I consider what has happened and whether I can learn from this? Or do I just move on and not review or think back?

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Evaluation is when I think about something and weigh it up, deciding whether it was good or bad.

Am I able to consider the pros and cons, advantages and disadvantages and then make a judgement for myself? Can I capture this 'weighing up' process in my work?

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Analysis is when I focus on something and consider it against something else and make a decision about it.

Do I consider options or actions and consider whether they are useful or not? Do I focus on details and look at how they are like each other or how they are different?

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*Did you choose any strengths or developments from **Cognition**? Keep going and think about the next C which is **communication**.*

Communication

Communication is how we talk, listen and understand each other. These skills include:

Expressive Vocabulary which is my ‘pool’ or amount of words that I can say.

Do I sometimes feel frustrated because I can’t think of the word I want to say? Do I find it easier to describe things and wait for someone else to tell me the word?

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Articulation is how I say words and sounds.

Are there any words or sounds I find it hard to say? Do I stumble over saying some sounds or words?

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Language and Comprehension describes the words that I understand and know the meaning of.

Do I understand the words that people say, or do I find that I understand some of what they say, so I then try to guess the rest? Do I read words in books but not know what they mean?

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Collaborative conversation is the way that I talk and listen to other people.

Do I take part in a conversation where I say something and listen to what the other person says next? Or do I tend to talk 'at' people just saying what I think and not really listening to what they say?

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Listening is when I can focus on what has been said and respond to it.

Do I listen or does my mind wander on to other things when people are talking? Do I tend to talk more than listen, so I 'miss' what people are actually saying to me?

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Social communication are the skills I use when I am with people, including whether I look at them, talk to them and give them time to talk.

How do I feel in social situations? Am I ok or do I feel nervous or excited? Do I talk at people or pretend that they are not there and carry

on with my own thing? Do I let other people talk or do I just say what I think of when I think of it?

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Social Interaction are the skills I use when people are with me, including whether I know how to respond to what they say or do.

Do I want people to act in the way I think they will? If they do something I didn't think they would do, does it make me feel worried, confused, angry or am I ok with it? If I'm not sure what to do, will I ask them what they mean or just ignore them and get on with what I was doing?

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*Did you choose any strengths or developments from **Communication**? Keep going and think about the next C which is **creativity**.*

Creativity

Creativity is about how I think and whether I can build, make or do something.

Generation of ideas is my skill of thinking of new things and making suggestions.

Is it easy for me to think of lots of new ideas? Do I always make suggestions and am I keen to share them?

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Problem solving is when I think of what I know and how to use it to overcome a problem.

If there is a problem am I able to solve it on my own? Do I have a go even if I'm wrong or will I avoid it, ask for help or see what everyone else does? Am I able to use what I already know to help me?

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Attention is how I focus and concentrate on something.

Do I stay focused or do I get distracted? Is it hard for me to stay focused on the one thing as I notice everything else that is going on around me? Can I concentrate until a job is done or do I end up doing something else?

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Motivation is whether I want to do something or not.

Do I like what I'm doing and do I want to keep doing it until it is done? If I start to lose focus can I refocus myself as I really want to succeed and finish the task?

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Making things is my skill of building, designing and creating. It could be on the computer, using junk, bricks, craft paper or anything!

Am I good at building and construction or craft and design? Do I like lego, models, sewing, crafting, junk modelling, Minecraft, sculpture, pottery or other such things? Can I work out how things go and stay together?

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Courage & Determination is about whether I am brave to have a go at something and whether I ‘stick with it’ even if it gets tricky.

How do I feel when I am asked to do something that is tricky, challenging or scary? Do I want to give up in case I’m wrong, or am I brave and will try and do my best? Will I keep going even if I feel confused just because I really want to find out how to do it?

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Trust is believing in someone or something enough, so I will take a ‘risk.’

Do I believe people around me or do I feel a little uncertain? If I feel unsure or insecure is it harder for me to do something just because someone told me to? Or do I believe that people want the best for me so it is ok to try?

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*Did you choose any strengths or developments from **Creativity**? Keep going and think about the next C which is **control**.*

Control

Control is about how I manage myself, these skills include

Self Regulation is whether I can stay in control my words, feelings and actions in different situations.

Do I get cross or upset really quickly? Can I end up losing control of my words, feelings and actions because of something or someone? When I get angry or upset is it hard for me to calm myself down quickly? Or am I able to stay in control and talk about my feelings at another time?

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Behaviour for Learning is whether I am 'ready' to listen, learn and take part in lessons and activities.

Am I able to get on at school and show that I am listening and ready to learn? Can I get the equipment I need to start work or does it take me a while? Do I take a long time to start work?

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Anxiety Management is whether I can control my feelings or worries and fears.

When I feel worried or frightened am I able to 'notice' this but carry on anyway, or do I feel upset and unable to carry on? Do I lose control of my feelings and become angry or scared and I either hit out at people or want to hide away?

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Confidence is whether I believe in myself and my skills.

Do I think I can have a go at most things, even if I find them tricky, or do I doubt myself and my skills and think that everyone else could do better than me? Am I proud of who I am and what I can do or do I wish I could be someone else and do other things?

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Resilience is the likelihood that I will ‘bounce back’ and keep going even when things go wrong.

When something goes wrong what do I do and feel? Do I want to hide away and never do that again? Or will I have another go and try again knowing that I still might not be able to do it, but I might get a bit further? Will I try and try again?

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Language of Emotions is whether I can use words to talk about my feelings and can express my physical and mental health needs and wellbeing.

Am I able to talk about how I feel or do I tend to show my feelings by my actions? Do I know when I feel physically unwell or hurt myself and when my feelings feel hurt or confusing? Can I tell people this with words and ask for help?

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Independence is my skill of working, playing or being on my own.

What am I like on my own? Do I have the skills and resources I need to get on or do I prefer to work or be with other people because I’m not sure I do have the skills and resources I need? If I am on my own do I get on with what I have been asked to do, or do I distract myself and find something else to do?

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*Did you choose any strengths or developments from **Control?** Keep going and think about the next C which is **Compassion.***

Compassion

Compassion is about the skills I use to show my feelings, to show how I care and how I am with other people. They include:

Friendships are the positive relationships I make with others so whether I have friends and or am a good friend.

Do I make friends easily? If I have friends are we always falling out and arguing or do we work out our difficulties? Would I like to have (more) friends but am not sure how to make friends? Do I think other people like me and do I like other people? Or am I friend that others want to have?

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Turn Taking is whether I can follow rules and 'wait' or if I interrupt or call out without waiting.

Do I take turns or do I tend to call out or try and jump ahead so it is my turn again? Am I good at waiting or do I get too excited and just want to have my go?

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Empathy is when I show an understanding of what someone else might be feeling even if I am not feeling the same way.

Can I understand how someone else might feel in a situation and do I try to show that understanding to them? Am I able to imagine what it might be like to be them and does this help me to help them?

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Sense of Justice is whether I believe in ‘right and wrong’ for myself and others.

Do I have a clear sense of what is ‘fair’ and what is ‘right’ and ‘wrong’?
Do I try and stand up for other people to ensure that they are treated fairly? Or do I tend to do my own thing?

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Self Esteem is whether I think I have ‘value’ and am aware of myself and my mental health.

Do I think that I am as important as other people, or do I think I am more or less important? Do I think I am valued by other people and I am aware of my own sense of self, well being and happiness?

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Self Efficacy is if I believe that I can make a difference for myself or that my views matter.

Do I think that what I do makes a difference? Can I make a difference?
Do people ‘notice’ if I am there or not? Can I make choices and decisions that will make a difference? Am I as important and ‘powerful’ as other people?

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Support for Others is whether I help other people.

Am I kind and considerate to others and do I try to help them? Am I asked to be a friend or helper to someone or do I tend to look after myself and not always ‘notice’ what other people need?

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*Did you choose any strengths or developments from **Compassion**?
Keep going and think about the next C which is **Co-ordination**.*

Co-ordination

Co-ordination is about how I control and organise things including my body. Think about these:

Fine Motor skills are used to control small movements such as hand movements when playing computer games, cutting and writing.

Can I control my writing, drawing, cutting and painting? Can I use these skills quickly but still do them neatly and carefully or do I need a long time to do them and even then, it is not always clear what I have done? Do I have good hand eye co-ordination when using a games controller?

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Gross Motor skills are used to control large movements such as walking, running, jumping, kicking and throwing.

How controlled are my movements when I walk, run, jump, hop and skip? Can I catch, throw and kick a ball or do I tend to go off target a little? Am I a bit clumsy or need a bit of help?

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Sensory skills are how I use my senses to gain information, so how I see, hear, smell, taste and touch.

Am I able to see, hear, smell, taste and touch things? Do I do any of these things more or less than other people? Do I like and use one of these more than the others?

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Mobility skills are how I move around.

Am I able to walk, stand and run on my own? Does it take me a bit longer than other people? Am I faster than other people or about the same? Do I need any aids to help me get around? Can I use these on my own or do I need help?

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Stability & Balance is how controlled I am when moving and whether I am likely to fall over.

Do I have good balance when I am sitting, standing or running? Do I fall over a lot or about the same as other people? Do I need any aids to help me?

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Posture is how I sit and stand and whether I lean over a lot or slouch.

Is it comfortable when I sit or stand up straight? Can I stay in the same position or do I move around a lot and fidget? Do I lean on people or objects or do I stay sitting or standing straight on my own?

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Sensory Processing is how I experience and respond to information from my senses.

Do I complain that noises are too loud or do I like to make lots of noise? Do I like bright lights or colours or find they hurt my eyes? Do I tend to bite my pencil or chew my sleeves or hair? Do I like to lick or taste objects and do I hate or like being hugged? Am I too aware of somethings or not aware enough of others?

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*Did you choose any strengths or developments from **Co-ordination**? Keep going and think about the next C which is **Curriculum**.*

Curriculum

Curriculum skills are the skills and knowledge I have gained from learning subjects and topics taught to me. Think about these:

English includes my skills with reading, writing and spelling.

How do I get on with reading, writing and spelling? Do I find any or all of these a bit tricky or am I good at any or all of these? Has that always been the case?

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Maths are my skills with number, value, shapes, fractions, money, time and other things.

How do I get on with Maths? Is any part of maths easy, difficult or just ok? Does it help if I can use counters or write things down? Do I find it takes a while to learn something new but when I get it, I get it, or is it really easy or does it feel really tricky?

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Science skills are the skills I use to explore, predict, test, make connections and understand the world around me and how it works.

Do I like Science? What do I remember learning about? Do I like experiments and practical work or watching, reading and listening about science information?

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Art & Music are my skills with creative works and my experience of music and instruments.

Do I think I am artistic and or musical? Do I like listening to music, learning about music and or playing instruments and singing? Do I like painting, drawing, printing, collaging, sculpting and looking at art work?

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History & Geography are my skills and knowledge with events in the past and understanding of the Earth.

Am I good at history and learning about events from the past or do I find it a bit confusing? What about geography? Do I like learning about the world, rivers, oceans, the weather, rocks and understanding how it all works together or is it not for me?

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Computing are my skills with programming and using IT tools and applications to do tasks.

Do I think I am good with computers? Can I programme and use the apps on a tablet, phone or laptop? Can I type, voice record or use a

camera to capture ideas and edit them? Am I a gamer who is skilled at playing computer games?

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PE & Sport are about my skills and knowledge of fitness, sports, physical and mental health.

Do I have a favourite sport that I like to watch and play? Do I like team games or solo sports? Am I aware of my health and fitness and do I enjoy learning new activities and skills? Do I feel healthier from sports?

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*Did you choose any strengths or developments from **Curriculum?**
Congratulations you have completed the 7 Cs learning assessment and now have at least 3 strengths and 3 areas to develop. Perhaps you can start to think about how you can use your strengths to help you develop other skills? Good luck and keep working hard!*

My 3 strengths are:

- 1.
- 2.
- 3.

My 3 areas to develop are:

- 1.
- 2.
- 3.

What I will do at school to develop these skills:

- 1.
- 2.
- 3.

What I will do at home:

- 1.
- 2.
- 3.

What I will do when I am out and about:

- 1.
- 2.
- 3.

How did I get on?

What's next?