



# PROFILE OF A LIFELONG LEARNER

## Objective 2

*All Learners Continuously Achieve  
Their Academic and Personal Goals  
through:*

### AGENCY

- Create advantageous goals
- Initiate action towards goals
- Utilize self-assessment and reflection as part of the learning process
- Understand the locus of control is inside them

### FLEXIBILITY AND ADAPTABILITY

- Accept feedback; both positive and constructive. Use of feedback to reflect and chart a new course of where you are going.
- Self-directed learner with effective time management skills
- Overcome adversity through persistence, perseverance, self-advocacy and a growth mindset
- See failure as an opportunity to grow
- Ownership of choices and the resulting outcomes

### SELF-DIRECTION AND RESILIENCY

- Accept feedback; both positive and constructive. Use of feedback to reflect and chart a new course of where you are going.
- Self-directed learner with effective time management skills
- Overcome adversity through persistence, perseverance, self-advocacy and a growth mindset
- See failure as an opportunity to grow
- Ownership of choices and the resulting outcomes

### BALANCE

- Create time to engage in activities that spark interest
- Proactively manage energy
- Seek happiness and joy
- Prioritize healthy nutrition and appropriate rest