

# Portrait of a Rochester Graduate

## Healthy Mind & Body

- ▶ Engages in healthy, positive practices and relationships to promote physical and mental well-being
- ▶ Possesses self-regulation and self-advocacy skills
- ▶ Sets and respects healthy boundaries

## Critical Thinker & Problem Solver

- ▶ Is an adaptive and critical user of information
- ▶ Embraces new ideas to find improved solutions
- ▶ Adjusts to new knowledge and environments with flexibility

## Responsible & Accountable

- ▶ Uses technology and financial resources wisely
- ▶ Sets goals, develops action plans and follows through to ensure success
- ▶ Manages time wisely and takes responsibility for actions

## Community & Socially Minded

- ▶ Understands and acknowledges diverse perspectives and cultures
- ▶ Demonstrates empathy, compassion, and respect for others
- ▶ Takes action to address issues of concern to self and community

## Effective Communicator & Collaborator

- ▶ Able to work in a group towards a common goal
- ▶ Listens attentively
- ▶ Shares information in a clear and concise manner

## Resilient & Persistent

- ▶ Engages in reflection and is open to growth opportunities
- ▶ Responds productively to feedback, setbacks, and constructive criticisms
- ▶ Demonstrates growth mindset



### THE ROCHESTER SCHOOL DISTRICT PROMISE

**We promise to know, value, and support every student, ensuring they graduate with confidence and skills for a successful future.**