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| **Name: Carson Grisley**  | **Date: 19/12/17** |

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| Related image**How does the artifact you selected demonstrate strengths & growth in the communication competency?****In what ways might you further develop your communication competency?** | **Self-Reflection**Describe how the artifact you selected shows your strengths & growth in specific core competencies. The prompt questions on the left - or other self-assessment activities you may have done - may guide your reflection process. It ties in because I learned CPR last year and so I had an idea of what is going to happen in first aid. My thinking changed because before first aid I thought that if someone had a piece of glass stuck in them, I’d want to pull it out because I didn’t want to get it infected. That it’s better to just protect the glass wound rather than take it out and may cause injuries to tissues. If I saw a person with a piece of anything stuck in them I now know that it’s better to not move it and wait for an ambulance to arrive. I know this now because of the first aid unit. It’s just common sense, if you see somebody having a heart attack you’re not just going to start J thrusts. It’s just common sense. |
| Image result for core competencies BC**How does the artifact you selected demonstrate strengths & growth in the thinking competencies?****In what ways might you further develop your thinking competencies?** |
| Related image**How does the artifact you selected demonstrate strengths & growth in the personal & social competencies?****In what ways might you further develop your personal & social competencies?** |

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**You will now attach and/or embed your self-assessment to the bottom of the blog post with the artifact you have chosen. You may choose to make this post private or public. After placing your artifact on a blog post, follow the instructions below.**

1. **Categories - Self-Assessment**
2. **Tags - Now tag your post using the tag that corresponds to the competency that you have written about. You can choose more than one. Please use lower case letters and be exact.**
	* **#creativethinkingcc**
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3. **Use the Add Document button located at the top of your post page and embed your self-assessment at the bottom of your blog post.**
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