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| **Name: Chloe**  | **Date: Jan. 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.I had a lot of fun making this 10-step project. I thought it was interesting because once I finished filming I had two finished products. My video and the mini muffins which I could enjoy later. Before this project I didn’t know a lot of cooking terms in French so I thought it made my project more interesting for me to make because I do enjoy baking. I found while recording my voice my pronunciation improved because once I heard my voice over I could correct my mistakes for the next time. While writing my script I talked with my desk group to make my sentences and video as interesting as possible. They helped me curate ideas and helped me come up with the best possible. When editing the video I got more creative with my images, views and angles.  |
| 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.**
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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.**
4. **Publish**