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| Name: Isaiah barnes | Date: |

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|  | | 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.    For this I chose communication because i had to learn how to talk for myself in a one on one situation. I’ve learned how to become more comfortable with talking in one on one and Ive learned how to make myself not to stressed about speaking in front of people. Without doing this inerview I would definitely feel more stressed in my first inter veiw. i feel that it is important to make connections with your higher ups so that I can have people i can rely on for infomation or advice. This assinment has helped me in that sense. I tried to connected as much as possible to the person i was being interveiwed by so i could come up with real life scenarios. this lead me to learning a few cool things about the person and knowing this nade it easier to relate. being able to relate made it better I can now calm myself down. I’ve grown so much in doing this assignment and I now know that it is ok to feel stressed about stuff and i know that there are many different ways to overcome like with more preporation and I feel a lot more comfortable with all the situations that i minght come by. I am now able to say that i know what to do during a real inter veiw.Thanks to this assinment. |
| How does the artifact you selected demonstrate strengths  & growth in the communication competency?    In what ways might you further develop your communication  competency? | y |
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| |  |  |  | | --- | --- | --- | |  | |  | | --- | |  | |   How does the artifact you selected demonstrate strengths  & growth in the thinking competencies?    In what ways might you further develop your thinking competencies? | |
| |  |  |  | | --- | --- | --- | |  | |  | | --- | |  | |   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? | |

Publish Your Self Assessment

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. o #creativethinkingcc o #communicationcc o #criticalthinkingcc o #socialresponsibilitycc o #personalidentitycc o #personalawarenesscc
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