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| **Name: Jason Seo** | **Date: 1/12/18** |

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| [Related image](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwib9tK134HTAhVG12MKHQsVAS0QjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  **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.  During this project, I had experienced growth in multiple categories. In the communication competency, I was able to change myself in presenting in front of others. I had always had trouble when I was in front of other people. The anxiety rushed over me faster than you could blink, and I would end up talking quickly and non-fluidly. However, in this presentation, I was totally at ease, I was calm and cooled. This was the first presentation where I felt ready and actually *wanted* to present. I think the passion I had for my topic and the enthusiasm propelled me to work harder. With that, I focused on talking slowly since my topic wasn’t one that people tackled at a daily basis. Talking slowly, I believe I was more successful at conveying my intended message.  By doing this project, I was actually able to grow in the personal competency. This was one of the few assignments where I actually was empowered by fulfilling the task at hand. I was extremely determined to finish this project with all the info I could possibly fit in 10 minutes. I had never worked this passionately in a project or assignment before. Normally, I am not fully engaged when I have to work on an assignment. I simply put effort into the assignment because I need a good mark on it. However, I put a heap of effort into this project because I wanted people to know that outer space is a topic that isn’t always difficult. It is a topic that is easy to grasp and a topic that is worth exploring. I had an intended message and I worked to send that message. |
| [Image result for core competencies BC](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjWzZCh34HTAhUBx2MKHXlPDCcQjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  **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](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj1sYCv34HTAhVO7mMKHeQ2Am4QjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  **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.**

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