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

|  |  |
| --- | --- |
| 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.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**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?** |

**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.**
	* **#creativethinkingcc**
	* **#communicationcc**
	* **#criticalthinkingcc**
	* **#socialresponsibilitycc**
	* **#personalidentitycc**
	* **#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**