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| **Name: Jessy G** | **Date: Dec 22th** |

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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.  *Personal Awareness and Responsibility*  My goal is improve my English skill, that I found out that, my vocabulary is not big, and my organization （the words to form the paragraph or essay） is real poor (both my social and English teachers found out that too), that I always write the thing repeat and long. It influences my scour （lower it）. That I need to read a lot good and famous English book （novels， short stories，etc） that would help my writing and organization. And it would help me to know more words and improve my reading speed at the same time. That I chose some book, I am trying my best to read and get it. I have already read the <<to kill a mocking bird>> ( I wrote down the strange words and search the definition about them )  When I am lazy, don’t want to do sth, or discourage about it. I would put my computer and phone away to force myself pay all attention in the work. I also would ask for help to my teachers, borrow the text book and read most of them. When I want to give up something because I discourage, I would tell myself that, the result of doing my best would be much better than doing nothing, and I must be regret about give up. |
| [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?** |

**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**

**Step 2** – **Complete the Core Competencies Self-Assessment**

Take a moment to read all of the competencies listed above. Now describe how the artifact you selected shows your strengths & growth in **specific** core competencies. Complete either the Self-Assessment (PDF) or Self-Assessment (Word) . The prompt questions on the left – or other self-assessment activities you may have done – may guide your reflection process. For

more suggestions of Core Competency Prompts look at the sample questions below, they have been separated by each competency or CLICK HERE.

*Communication*

▪How do you show that you are listening thoughtfully?

▪What listening skills do you use to enhance your learning?

▪What are some ways that you use to communicate your learning?

▪What do you do when you disagree with someone in your group or discussion? How did you learn/develop that strategy?

*Critical Thinking*

▪How does your artifact tie in with what you have learned before? How has your thinking changed? What made it change?

▪Do you agree or disagree with this (statement, opinion, artifact or hypothesis)? What evidence is there to support your answer?

▪What strategies do you use to decide whether to believe something you read? How did you develop these strategies? What advice would you give a younger student about figuring out what is true?

*Creative Thinking*

▪How do you come up with ideas when you want to make something new at school or at home? Tell me about a time when you felt really good about a new idea you had.

▪What helps you get new ideas?

▪What make you want to get new idea or try something new?

*Social Responsibility*

▪How do you use words and actions to encourage other students who might be feeling a bit sad or discouraged?

▪What contribution have you made to our school that you feel good about? How did you get started doing that?

*Positive and Personal Cultural Identity*

▪What are your strengths as a learner and how do you learn best?

▪What are some aspects that you value about your culture?

▪How do you portray aspects of your cultural contexts in your work? (e.g. through images or words)

▪What are some things about your culture that you would like other people to know?

▪How do you use your strengths and abilities in your family, relationships, and community?

*Personal Awareness and Responsibility*

▪Tell me about one of your learning goals. (Prompt: Something you want to get better at or learn how to do.) How did you come to that goal? Tell me about something you are doing to help you work on that goal?

▪What do you do to help yourself when you are feeling a bit discouraged about your work?

▪Think of times when you have to wait. What strategies do you use when you are feeling impatient? How did you develop that strategy? When did you start? How does it work?