Core Competencies Self-Assessment

Name:	John Carlo Macapagal	Date:	March 16, 2018

C 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. The First Aid that we did in grade 10 ties with what I have learned in grade 9 First Aid, both were basically the same topic but in grade 10, there is more information about how to take care of the casualty and the situations like, wounds and bleeding, neck and spine injuries and more. First Aid helped demonstate my strengths in thinking by making me think hard and carefully on the situation I am given. First Aid also demonstrate my growth in thinking, since grade 9 I have learned more and more information about First Aid, some were the same but most were new to me.
T How does the artifact you selected demonstrate strengths & growth in the thinking competencies? In what ways might you further develop your thinking competencies?	
PS 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**