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| **Name: Makena lau** | **Date: 07/12** |

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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.  Critical thinking:  How do you use words and actions to encourage other students who might not be feeling well?    By reassuring the student that everything is ok and that you have the situation under control you could remove a lot of the negative emotions that are appearing in the student. Not only reassuring the student but reassuring yourself can have a huge impact on how the situation may go.  By analyzing the situation that you are put in you can remove important facts that may help you solve what is going on in the situation, by questioning and investigating what has happened it will make for a better hypothesis of what your trying to help.  In first aid the main part is making sure that you can take the clues that are given in the scenario and use them to make your casualty and yourself are safe in the end. The number one thing in first aid is to make sure that your safety isn’t in danger by helping the casualty. If the scenario is ok for you to help and you aren’t in danger then you would ask the casualty if you could help, either if they are awake or unconscious. If you don’t use the clues that are given in the situation then the results in the end are not going to be as clear as you could make them, and the description that you have to give to the police or ambulance wont be as clear. |
| [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.**

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