



# Core Competencies Self-Assessment



Name: Melia Rokosh

Date: December 5, 2017



How does the artifact you selected demonstrate strengths & growth in the communication competency?

In what ways might you further develop your communication competency?



How does the artifact you selected demonstrate strengths & growth in the thinking competencies?

In what ways might you further develop your thinking competencies?



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?

## 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 the First Aid unit in gym, I had the opportunity to learn valuable skills that could potentially save a life. Furthermore, I had a chance to develop my personal awareness and responsibility skills. I had to make sure that I was paying attention in class, so I would be able to have a better understanding of the skills that were taught. Also, it was important for me to participate in order to learn better. When I was having trouble with a certain topic, or if I didn't comprehend a certain subject, I would always make sure to ask for help. Lastly, I was aware of the fact that learning takes patience and time, there were a lot of topics to cover, and many procedures to learn. I won't always be able to understand something right away, but it is responsibility concerning my actions.

## 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