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| **Name: Scott Helmhold** | **Date: 18/10/2017** |

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| 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.I believe my critical thinking is pretty good because I’m good to think on the spot, for example when I present in front of anyone I’m good at thinking on the spot and making it seem casual. Also, I chose soccer not because mr Jamieson did but because soccer is like a hobby to me I love soccer and whenever I can do a project on it and learn more about something I love than I will try my best to make my presentation great. I feel like if I could improve in any of the areas of critical thinking it would be questioning because I do not ask a lot of questions I may ask some but not a lot. I think the quality of my project would also get better if I asked more questions.  |
| Image result for core competencies BCX**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?** |

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**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**
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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.**
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