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| **Name: Scott Helmhold** | **Date: 19/12/2017** |

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| Related imageX**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 that the critical thinking involved with first aid is very important because you have to be quick in what you do and you have to know what you are doing. I agree with the statement because statement is like you have to look at what happened and see what your opinion is. The evidence to support my answer is that you have to be able to have an opinion in what you are doing, and also you have to know what happened. If I read something about first aid it is really common sense to believe it or not because you should have a base idea of what you are going to do when someone gets hurt and if I had to give someone advice in whether to believe something or not, is that to see if it makes sense and if it does it is most likely true. |
| Image result for core competencies BC**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?** |

**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**
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	* **#socialresponsibilitycc**
	* **#personalidentitycc**
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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.**
4. **Publish**