



Core Competencies Self-Assessment



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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 my time in Food Studies 12, my communication was the biggest improvement. As I worked in labs with my group mates, I ensured communication (at least on my side) was effective. Furthermore, my goal was not to cause catastrophe due to a sudden drop in cooking confidence. Sure, I may have asked ridiculous questions, or I may have said out loud what I was exactly doing at the time to my group mates – all of which sounds ridiculous; it was better than being unsure and having a chance to mess up the recipe. In action, my communication peaked during the BBQ platter challenge lab. As I felt I was the main leader during that lab, I ensured everyone was on task. To illustrate, I asked simple and direct questions to my groupmates to ensure they knew what they were doing. Manning the BBQ portion of the lab, I constantly went back to our kitchen unit where my group was to check in and give further directions. During this BBQ challenge, my mind was focused on team efficiency, especially on my portion. I worked with my team to achieve a common goal of putting the entire BBQ platter together. As everyone has done their portion of the lab, I ensured my portion was up to standard. On my own time, what I realized about the BBQ platter was that I was in a moment of stress because I felt that we were all doing the recipe in a last-minute effort – that being, not fully understanding the style of the dish and how to create it. This was likely due to a group member absent, which they knew the recipe well. On my personal reflection, I realized that the unnecessary stress was due to this. However, I give myself credit for successfully leading the team during that challenge. Though we were a little late in finishing, I feel that my communication skills peaked during that lab.

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.

- Categories - Self-Assessment
- 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.
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