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| **Name: Aiessa Magi Dela Cruz** | **Date: December 19, 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.How did you come up with the idea for your Notes to Self-project?I started by collecting all of the pictures that I need, and I looked at it for a while and think on how I am going to start with my pictures to do my project. And so, what I did was I wrote the captions on each picture. Then, when I have to do my writing or copy, I thought of like I should tell a very short story about that picture by expanding my captions, and how I’m going to connect all the pictures of me to make a good flow of paragraph. When I finished it, I already got another idea on how my “scrapbook” should look like that will make it look neat and nice. So, my idea was to use my own way on how I will write my titles and writings by cursively handwriting it. And for my family tree I painted it with watercolor, and I honestly feel satisfied and contented for my family tree art because I don’t need to do some printing and stuff like that. |
| 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?** |

**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.**
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