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| **Name: Aiessa Magi Dela Cruz** | **Date: June 07, 2019** |

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| [Related image](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwib9tK134HTAhVG12MKHQsVAS0QjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  x  **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 can take on roles and responsibilities in a group**. On this Science project, having good cooperation and communication is necessary to accomplish my group’s project, as well as having an equal workload is important too. Moreover, I can take on roles that would be very beneficial for my group because I think it would be unfair to not cooperate with my group especially if this is a group mark, it would affect my groupmate’s mark for this assignment too. But with regards to this Science project, my role was to organize and make our machine which is what we have for this project. Furthermore, I also took responsibility with the materials that we needed. I was also responsible for making the video that explains our task which it included pictures, texts, and audio recording with me and my groupmate.  **I make my ideas work or change what I am doing**. With regards to this project, it was hard for our group to make our idea work quickly as there were some errors that we needed to fix with our machine – which I thought of changing and adding some ideas to making our machine work successfully. We had few rough drafts of how our machine would look like or work in which we had troubles with this process as well because we also need to include some simple machines, energy transformations, and enough number of the types of energy that we needed to include in. So, I started out by listing what energies we can possibly put in our machine as long as we have the resources that we need with regards to the energies that we need to make our project work well. When we had our final idea of what we were going to make, we thought that we would just make it and film the machine, but apparently we needed to change some things like troubleshooting as it was necessary to make our machine work properly. My group took a long time to make our simple machines especially the pulley and the lever – although I was able to find a solution to make our own lever by looking for a cylinder and a long piece of cardboard that I cut off, then I just put them altogether by using glue gun and an elastic band to keep the lever in place. |
| [Image result for core competencies BC](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjWzZCh34HTAhUBx2MKHXlPDCcQjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  x  **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](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj1sYCv34HTAhVO7mMKHeQ2Am4QjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  **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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