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| **Name: Ainsley** | **Date: October 30, 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)  **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**  In my English class, we had to write a synthesis essay for the two short stories, Identities, and Miss Brill. I personally think my essay was well written, I have always struggled in English and with writing essays.  We did multiple class discussions on both short stories to get a deeper idea of what they were about. I did not contribute much during these class discussions, but I did make sure that I was engaged and was listening to what my peers were saying. While my peers and Ms. Shong were talking I would try and understand what they were saying and where they were coming from, as well as, I tried to take notes so that I could look back on them and maybe use some of the points to support my thesis. When looking back on my writing I think I did a good job on covering the universality and similarities of these stories. I was a little vague, but I do think I did cover some important points. In my essay, I mentioned that people base their first impressions on superficial things, such as appearance or what their personality is like or how they act. I also mentioned that what others think of you or what you overhear them saying can overshadow what you think of yourself and this can lead to lower self-confidence and self-esteem. I put a lot of effort into this essay and I am very proud of the mark I received. When writing the essay, I kept looking back at my notes, reading things online and re-reading the stories. One thing that did help me was getting input from some of my friends and family. As well as the peer edit, this helped me notice some grammatical errors that I did not comprehend. This whole short story unit has made me realize that there are symbolic meanings behind everything. Usually, when I read a story, I do not think of what objects could symbolize or the meaning behind the story. So overall this unit has helped deepen my critical thinking abilities. |
| [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)  **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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