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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.  **The Writer**  Welcome to the Land of the Lost. In this whimsical, winding scape of travelers searching for their purpose, we are often forgotten by the residents of the Found Land, or Earth; the only bridge between us are the fabled writers, children of both worlds. One such writer is Ammarah Siddiqui, who on this day is visiting our dimension to collect inspiration. She walks along cobblestone paths jotting down notes about the ordinary, preparations to create the extraordinary. Taking a quick shower in her humble hut, the trickle of spring water starts streams of strange sanity; a pool of thoughts collecting in her notebook. These mystifyingly monotonous tasks allowing her mind to somehow settle into its most creative self. To prepare for writing she ignores the ideas she has collected that do not pique her momentary interest, focusing further on those that do. She starts to write, slowly and patiently, even though it is known her best work comes in bursts. If an idea starts to feel forced, she has trained her whirlwind mind to switch to another topic; waiting for the perfect time to approach the sleeping beast she wishes to lure onto paper.  Monarchs flit in fragments of vivid, sunset swarms, as Ammarah lies in the field of dandelions that dip beneath her weight. Her outstretched arms hold up her sacred notebook as she etches her dreams within its seams. Her original ideas seem to be simplistic at first, but through sketches of her creative delusions, they develop. She plays, pen in hand, connecting existing thoughts to innovations, raising them into fully fledged fowls, ready to soar.  When the writer wanders home she organizes her woodsy bungalow in the midst of writing yet another piece of prose. One may wonder why rearrangement helps the mind move, but Ammarah has learned exactly where her best inspiration lies waiting. Her graphite-stained hands run gently over an aged scrap of paper; a poem that she had written when she was but 12 years old. If you are a writer or engage in any sort of expressive medium yourself, you certainly know the feeling reminiscing can provide you. A wistful, contented sigh escapes her lips as she thinks back to the days when she would rub her hands over sore eyes, after a day without a single, singing phrase. Those days when she focused more on what the page looked like, than realizing that drafts were the coal before the diamond. She smiles now, bright and beaming, so proud of how she found herself and her writing. She realizes that growth is a long journey, but one you *must* embark upon. That the world will think you too little, but what matters is how big you dream. She sits there on the sill overlooking the water and queries its depths regarding her wonders. What do you do when your writing loses passion? How can one find a way to write for themself, even when everyone else wants to have a say?  Today Ammarah is on her way to the bustling market of the land. Her scarf flails in the wind as she speaks to the herald regarding the latest happenings. She then walks to the convicted and asks his opinions of her latest piece titled, “Fresh Eyes on Fresh Paint” as well as his side of the story. Offering him advice on the position of his prized item, placing it near the entrance would attract attention. Striding quickly through the stalls, she parries petulant shoppers until she reaches the victim’s shack. Taking down his suggestions regarding her prose, she asks him too, about the scandal. After hearing his story, she helps him find a more suitable bookkeeping directory for purchases, to prevent further theft.  Once back home, Ammarah sits down and filters through the list of suggestions that the men had offered. One idea branches to another and soon the poor page is soaking in ingenious ink. She thinks of the way one had appreciated the imagery, while the other deemed it excessive; Ammarah settles on the fine line between. After her piece is completed, she begins to use the evidence from all three information sources to critically assess and access the true story behind the dark happenings.  The next day all the folk in the Land of the Lost find themselves a freshly inked copy of the week’s newspaper. “A Coin with Three Sides, how Mr. Leary framed a naïve neighbor,” the headline reads with a small poem feature in the corner; Ammarah’s name printed under each.  Mr. Leary was locked up following Ammarah’s departure, but this land is abuzz for the next time a writer visits; for a story, is the greatest way to cure a lost soul.  - |
| [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?** |

**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.**

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