



# 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.

**I can use strategies to find peace in stressful times.** I am not usually a person who gets stressed over things, but when I do get stressed, I know I have my strategies to stay calm. One of my strategies, if I am busy with schoolwork at home, is to take a mental break and think things through. I like to plan out the most efficient yet stressless strategy that I can possibly make, while also having my work done on time. Another strategy I have, maybe it is for things I dread to do, things that make me nervous like public speech, or taking a shot. A strategy I use for those is to take 3 deep breaths and tell myself it will be over soon. The idea that "nothing lasts forever" is a great concept when dealing with short-term stressful situations, and if I pull myself together, do not make a big deal out of it, I'm fine.

**I understand that my identity is made up of many interconnected aspects (such as life experiences, family history, heritage, peer groups).** Everyone is an individual, and nobody is the same. I know that my life can be like others but once I pick apart my life and the people around me it is very different, and one of a kind. During the covid 19 pandemic I had a lot of time to reflect and work on myself and realise that my culture and identity is such an important part of my life, and I almost take that for granted everyday. Throughout family, friends, and online influencers I have been noticing a shift in the way I do certain things or act a certain way. I can tell that I am maturing, and more understanding of the world as I grow, but I still have lots of room for improvement.

## 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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