|  |  |
| --- | --- |
|  | |
| **Name: Angie Johnston** | **Date: January 16th 2020** |

|  |  |
| --- | --- |
| [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**  Throughout the semester I have worked hard to include many details and insight into my writing. As well, I have managed to improve my confidence during presentations. During our spoken word unit, I was given the opportunity to show my growth as a presenter. Given the time limit of 1 week to write a spoken word, I encountered various creative writing challenges. The ideas for topics were limited in my mind, and I found it difficult to write about something I am passionate about, knowing I will be presenting in front of my class. I used my personal awareness in the classroom to help me understand the message I wanted to portray in my spoken word. After analyzing my passions and creative thinking, I was able to generate a spoken word I was proud to present. Although my nerves were running wild, I felt a sense of security knowing others were in the same position as I. When it came to presentation day, I was hesitant at first, but as I began to present, my nerves settled. I understood I was in a safe, supportive environment, which allowed myself to illustrate my passions poetically and finally complete my spoken word assignment. Despite my immense amount of preparation beforehand, I have learned that I need to spend less time thinking about a topic and more time writing and preparing my presentation. I have grown from this experience because I now understand the importance of having a strategic plan to manage my time in order to increase my feelings of well-being. For my future presentations, I will continue to develop my personal and social competency by establishing my values, in order to sustain a focused and determined mindset necessary for a successful presentation. |
| [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)  X  **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.**
   * **#creativethinkingcc**
   * **#communicationcc**
   * **#criticalthinkingcc**
   * **#socialresponsibilitycc**
   * **#personalidentitycc**
   * **#personalawarenesscc**
3. **Use the Add Document button located at the top of your post page and embed your self-assessment at the bottom of your blog post.**
4. **Publish**