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

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| Related image**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**How does the artifact you selected demonstrate strengths & growth in the thinking competencies?****In what ways might you further develop your thinking competencies?** |
| Related imageX**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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