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| **Name:** Annabelle Ingelman | **Date:** January 10th, 2020 |

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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.  During the past week in my foods class we did a chili competition. Each group of four had to find a unique chili recipe, make it, and then serve it to judges who marked us on how it tasted. Our group chose Coca Cola Chili because we thought that it was interesting and something that most people haven’t tried before. The chili had common ingredients in it like diced tomatoes, onion, garlic, beef stock and spices. But the coca cola made it unique, as well as the brown sugar and bacon flavoured beans that we put in.  I think we used mainly the communication competency during this because we had to agree on a recipe, plan everything out as a group, and talk about our dish to the judges. We also used a bit of both thinking competencies when we did research to find a unique recipe, and when we planned out what steps to do each day. I think our group worked pretty well together because we each did a different job and we got it done on time.  If I was to do this kind of project again I would definitely taste the chili before serving it to the judges. One group member did taste it, but I didn’t until after the judges had already marked us. I realized that it was really spicy. If our whole group had tasted it before serving it and all agreed that it was spicy, we could have added something to take away that strong flavour.  In conclusion, I think this project helped me learn to communicate better with my group. It also taught me to manage time because we made the chili over the course of three days. If we had made it all on the first day then it wouldn’t have been as fresh. But if we made it all on the last day then there wouldn’t have been enough time to cook it properly. So we planned out what to do each day, and agreed as a group who would do what, which helped us to get it done properly, and on time. |
| [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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