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| **Name:** Annabelle Ingelman | **Date:** January 18th, 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)  **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 topic I have chosen for this reflection is my climate change project. In my science honours class everyone had to choose a topic they were interested in that affects climate change. I chose cooking because I love to be in the kitchen, and I cook different types of foods all the time. I know that food and cooking can have a big impact on the environment. I wanted to learn how I could be more conscious when I’m in the kitchen, and how to find ingredients that are better for the planet. I had to research three different solutions on what I could do about this.  This project really helped me to grow in the social responsibility competency. Although I already knew about climate change before this project, learning more about the world around me really made me think about how I am affecting it, not only through cooking but in many other ways. I learned that some of the simplest things that we do are making a negative impact on the climate. I could easily use all three solutions I came up with to further develop my social responsibility.  Throughout this project, the solutions I came up with were reducing food waste, using sustainable ingredients, and saving energy in the kitchen. These were all pretty simple ideas that can make a big impact. They can reduce the amount of greenhouse gasses that are produced, protect ecosystems, and benefit diversity in plants and animals. Since this was an individual project, I found that I actually learned more than if it had been a group project. Since I had to do all of the research that was needed to write the blog post, I learned a lot of new and important things. I also really care about the environment, so doing a project that I was interested in made it enjoyable.  In conclusion, I learned so much about our planet during this project, and I found many easy ways to reduce climate change. This is one of the projects I am most proud of because I wrote so much, and I really felt that I got a deeper understanding of how important the earth is to us. |
| [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.**

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