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| **Name:** Annabelle Ingelman | **Date:** January 17th, 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.  In my Science 9 Honours class we did a water filter challenge. In a group of four we had to filter waste water so that it would be clean enough to put into the Pitt River.  This challenge used a lot of critical thinking because in order to properly make a water filter we had to do research first and analyze the sources we used. We learned about filters from the past as well as modern ones, and how they worked. Then we used that information to build a filter that would combine all of the different techniques. Our group had to figure out what was in the water we were trying to filter, or if there were specific toxins we had to take out before the filtration process. An example of something interesting that I learned from my research was that the earliest recorded information about purifying water was in 2,000 BC. Overall, this research helped me to be a more critical thinker because I had to find good sources of information to use. I also had found out specific information, like how each material in the filter could take toxins out of water.  This challenge also used creative thinking as the group had to design our own filter. Even though we used some references and research from other filters on the internet, we were the ultimate designers. We also had to be creative with the materials we had. We didn’t have access to every single material that we might have needed so we learned to work with the ones that we did have. We went through a process to plan out our filter, design it, and then create it. My group decided on making the filter in a plastic pop bottle and using many layers of the materials to try and filter out as much dirt as we could.  In the end, our filter was pretty successful. The big pieces of dirt that had been in the waste water were mostly removed by our filter, and the new water was mostly clear. This project taught me a lot of things I didn’t know, and it also showed me how I could use information from others to design and create something that was my own. |
| [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)  **x**  **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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