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| **Name:** Annabelle Ingelman | **Date:** February 24th, 2020 |

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| Related image**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.*This reflection is based off of my Health 2 Unit in P.E. I learned about resilience, addiction to drugs and alcohol, and communication skills. I also learned about three ways to resist an offer of something that I don’t feel comfortable doing: delay, refusal, and negotiation. During this unit, I grew in the communication competency, as well as the personal and social competency.After each lesson, we wrote a reflection about what I had learned and how I could use that knowledge if I ever had a bad situation in the future. These reflections helped me to grow personally because I was writing about myself and reflecting on my life. They really helped me to think about what I am doing in my life right now that might not be good for me, and what I can do about it in the future to live a healthier life.I grew in the social competency because I learned about resilience. Resilience is being able to bounce back from a difficult situation, and being able to solve a problem peacefully. It also means valuing diversity in our society. Learning about resilience helped me to be prepared if I ever have a problem in my life. It also helped me grow in the personal competency because I learned about ways to bounce back after a negative experience.This unit also demonstrates my growth in the communication competency. The unit taught me communication skills such as what to do if I am offered something that I don’t want. I learned how to resist peer pressure by using delay, refusal, and negotiation. I could further develop this competency by practicing communication with others. I could talk to a relative or friend that I don’t see very often. This could give me a bigger network of people who would help me if I ever had a bad situation. Practicing these skills often can give me more experience and courage to resist peer pressure and be confident in myself. |
| 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 image**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?** |

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**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.**
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