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| **Name:** Annabelle Ingelman | **Date:** February 24th, 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.*  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](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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