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| **Name:** Annabelle Ingelman | **Date:** June 22nd, 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.*  For this self-reflection, I decided to write about the War of 1812 Trading Cards I made in my Socials 9 class. This assignment shows my growth in the Creative Thinking, Critical Thinking and Communication Core Competencies. To properly complete this assignment, I had to research two different people or events that were significant in the War of 1812. After learning about them and the effects they had on the war, I created trading cards with pictures and information about them.  Since this assignment involved a lot of research, I used both Creative and Critical Thinking in many ways. I had to analyze and question information that I found, to make sure it was accurate. I looked at multiple sources to see different perspectives, and then developed my own writing based on what I learned. To make sure I got the assignment finished on time, I had to be diligent and focused on my work, another important Critical Thinking skill. I used Creative Thinking when I drew pictures for the trading cards, by developing new ideas. It was important that I understood the significance of the event or person first, so I could draw a picture that made sense. I found some online references to help, but I drew the pictures by hand. This strengthened my creativity and allowed me to be more artistic. I also used Creative Thinking to find solutions when I had a problem. During the time I was working on this assignment, I went on a trip with my family. I was worried about getting it done on time, since I knew I would have to work on the trading cards during the trip. But I was able to solve this issue by bringing supplies with me, and completing it even when I wasn’t at home.  The Communication Core Competency was another skill that I grew in while making the trading cards. I used this skill when I found the information I needed, as well as when I presented it to others in the form of the trading cards. After acquiring the research, I interpreted it by combining the information into a smaller amount, and making it my own, original writing. |
| [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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