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| **Name:** Annabelle Ingelman | **Date:** July 15th, 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.*  The artifact I chose for this reflection was a group project that I did in French 9. For this project, each group chose a Francophonie (French-speaking) country, and made a presentation about it. My group chose Mali, which is an African country with French as its official language.  Although this project took a lot of Creative and Critical Thinking, I feel that I grew most in the Communication competency while working on it. Since this project was during the last few months of the school year, I had to do it all online. I had never done schooling online before, and this was also a group project, so it was much more difficult to complete then just doing it in class. This project pushed me to find new ways of talking to my group members without seeing them, so our project could still work out really well.  Overall, working together with other people online was a good experience for me because I was able to develop more communication skills. I could also practice using the skills I already knew, and improve on them. My group used Microsoft Teams to chat and video call, which made it much easier to talk as a group and make decisions on our project. I had done online school for a few weeks before this project was introduced, but I still think that this was a great way for me to further my online skills and learn about working with a group even when we couldn’t meet in person. I enjoyed this group project because I learned a lot about a new country and the French language. The presentation also taught me valuable skills on communicating with others through technology. |
| [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)  **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?** |