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| **Name:** Annabelle Ingelman | **Date:** October 13th, 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.  To come up with creative ideas for my project, I was inspired by the two example videos that were shown in my French 10 class. They had both informative and funny parts, so I tried to follow a similar format and do the same. I also talked to my family members and asked them what they thought would be funny when I filmed the video. I did get stuck a few times, when writing the adjectives and skills to describe myself. I found it a bit difficult to think of good descriptive words in French, that could also be made into funny clips. To get unstuck, I talked to my partner to see if she could help. I also took a break from writing the sentences and came back to it the next day, which helped me to clear my mind and think of good ideas.  Expressing my thoughts in French had some challenges at first, but I felt that overall, I was able to achieve what I wanted in my video. To write the sentences, I used a lot of the information that I'd already learned in class, as well as looking at past French worksheets I had completed. When I didn’t know how to spell a certain word, I used WordReference to look it up. I also asked my mom, who speaks some French, and Mr. Mackenzie, when I needed help with something. Talking in a second language was definitely difficult for me because my pronunciation isn't always good. But over time and with practice, I think I got a lot better and was able to communicate basic thoughts in French. I really enjoyed this project because it was so fun to create, and I learned many new skills in the process. |
| [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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**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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