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| **Name:** Annabelle Ingelman | **Date:** November 16, 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 reflection I chose to talk about the final oral exam that I did in my French 10 class. I had to understand spoken French, as well as answer questions that were asked to me. I also needed to carry out a short conversation in French. This showed my strengths in the communication competency, because talking and answering in another language was the main purpose of the exam.  I think my French has definitely improved this quarter, especially in understanding when someone is speaking. Before grade 10, I found it difficult to realize what it meant when people spoke in French. I focused more on spelling and grammar, rather than the actual speaking. This quarter I worked more on conversing in French, especially during the oral exam. I feel that I can now understand simple sentences, questions, and give basic answers.  I would still like to improve my pronunciation because I know it isn’t perfect. I feel that I did get better this quarter, but there is still a lot to learn. One way I could improve this would be to speak the sentences out loud when I use Duolingo or Quizlet. Instead of just typing out the words, I could say them to myself as a good way to practice. During the oral exam, my pronunciation was pretty good, but I know that I can still improve. Working on my French pronunciation will also help me to further develop in the communication competency.  In the future, I am interested in learning more about the history of France, and how the language came to be. I also wonder if the language has changed throughout history, or if it was always the same. I think learning more about France as a country would be an interesting way to improve my language skills, because it would give me a better understanding of the language I am learning. |
| [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?** |

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