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| **Name:** Annabelle Ingelman | **Date:** November 17th, 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)  **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, the artifact I chose was a Social Studies project about Canadian identity. This was a visual art project where I created a painting to symbolize the identity of Canada. Since this involved doing art, I used a lot of Creative Thinking. I also felt that I grew in the Social Responsibility Core Competency, when I wrote a historical explanation for my art.  I really enjoyed this project because I got the chance to express my ideas about history through painting. I definitely used Creative Thinking when making this project because I had to design it myself. I came up with an idea from scratch, which pushed me to use my imagination. At first it was a bit difficult thinking of an art piece I could make that fit all the criteria, but once I had an idea it was easy to be creative and make a beautiful painting.  Another part of this project was to write an explanation for the art and use historical references to prove my points. This helped me to develop Social Responsibility, because I wrote about my country and how it is such a great place to live. I talked about how it is diverse and unique, yet people are still unified together in many ways. In both the past and present, Canada values freedom, peace, and equality. These values all help to shape the country’s identity. Writing this explanation allowed me to think more about the country I live in and reflect on what it means to me. I agree with the values that Canada has, and so I try to be kind, peaceful, and value diversity in my life.  Overall, I loved this project because I love doing art. I had the opportunity to be creative while still learning new things in Socials class. I developed more Social Responsibility because of this, and I learned to be more grateful for the amazing country that I live in. |
| [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)  **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?** |

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