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| **Name:** Annabelle Ingelman | **Date:** July 30th, 2021 |

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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.*  The artifact I chose for this core competency reflection is a project I did in Math 10. We used a website called Desmos.com to create linear equations which made lines on a graph. These lines then formed letters to spell our name. This project took a lot of Critical and Creative Thinking. It also helped me to strengthen my skills in those Core Competencies.  I demonstrated Critical Thinking by using my previous math skills to create the equations. We had learned about linear equations in class, and this project was a way to gain a deeper understanding of that knowledge. I often had to go back and change something if it didn’t work out the way I wanted it to. I had to question why it went wrong and think critically to solve the problem. This was a pretty challenging project for me because my name is quite long compared to other people. There were 17 letters in total that I had to create, all made up of many lines. This made it difficult at the start to make so many different equations. After a while though, I got the hang of it, and I was able to make the equations quicker.  Another important part of this project was creativity. The website Desmos.com lets you choose different colours and thicknesses to make the lines look more interesting. I chose to use purple and make the letters gradually thinner, to look like an ombre affect.  To summarize, this project was a way in which I developed better Creative and Critical Thinking. I learned to use a new website, practiced my math skills, and created something cool that I can always look back at. |
| [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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