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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.*  This reflection is based on my mood board project from my Textiles 11 course. For this  project, I was asked to choose any topic I wanted and make a mood board that followed  certain criteria. I loved this project because I got to be completely creative, and use multiple different types of art. This was a way for me to work on my Critical and Creative Thinking.  When I was planning out the mood board I used a lot of Critical Thinking. I developed the theme first, which was a “Paris flower shop”. Then I did some research for ideas on the design. I created a Word document and filled it with photos I found online that fit my theme. Then I went through and edited them to choose the best-fitting ones. These were used as my inspiration when I was creating the pieces for my mood board. After that, I followed the criteria my teacher had given me, by doing 4 drawings and including fabric swatches, ribbon, buttons, and other 3D decorations.  To design the layout I used Creative Thinking in many ways. I decided to paint part of the background to look like the Eiffel Tower, and then covered the rest in old newspaper which fit the theme. I added some tissue paper on top to make it more translucent and made some tissue paper flowers as decorations. I loved how the ideas I had created in my head came to life in a physical thing. Overall, I was very happy with the final result of this project, and I would definitely do it again with another theme! |
| [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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