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| **Name:** Annabelle Ingelman | **Date:** July 31st, 2021 |

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| Related image**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 am writing about for this reflection is a spoken word poem I wrote in Englishclass, called “Someday”. This was a poem I created from scratch, about a personal issue inmy life that was important to me. I then read it out loud to the class during a presentationday. I feel that the act of writing and presenting this poem helped me better my skills ofPersonal Awareness and Responsibility, as well as Positive Personal and Cultural Identity.Writing this spoken word taught me about myself, because it was on a personal issue in mylife. I really enjoyed doing this because I felt that writing down my feelings on a topic is agreat outlet of emotion. I began the process by just writing everything that came to mymind, not worrying about if it rhymed or flowed like a real poem. Then later on, I went backand edited it, to make sure it sounded good and fit the correct criteria for the assignment.I developed Positive Personal and Cultural Identity because I found that writing poems issomething I enjoy and am good at. Although I was nervous to present it to my class, Irealized that I am really passionate about writing spoken words, especially when it is about atopic I feel is very important. This assignment helped me learn about myself on a deeperlevel, and discover something interesting about my personal identity. |
| Image result for core competencies BC**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**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?** |

**Publish Your Self Assessment**

**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.**

1. **Categories - Self-Assessment**
2. **Tags - Now tag your post using the tag that corresponds to the competency that you have written about. You can choose more than one. Please use lower case letters and be exact.**
	* **#creativethinkingcc**
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3. **Use the Add Document button located at the top of your post page and embed your self-assessment at the bottom of your blog post.**
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