



Ayla Williams Name: **Date:** Nov 21, 2023. Think about your learning related to a specific Core Competency. Using the questions below as prompts, describe and/or draw how you have demonstrated and/or developed in a competency. How does the artifact you What are your strengths? What are some things you believe you are good at? Provide selected demonstrate strengths evidence of your strengths. What are areas where you can grow and develop? What can you & growth in the communication competency? do to achieve this goal? In what ways might you further I struggled with Western world view vs. Indigenous world view discussions. I was gone for develop your communication the week when the discussion groups had been chosen and when everything was sorted competency? out: the general map of what everyone was going to talk about in the book, and points of view of what to say, how to say it etc. I overcame this by just getting over with my fear of being failure, and just doing it. I had no idea what to say or what to talk about: i let my group start the discussion. I treated the discussion as I was just having a regular conversation with my group, acting like we weren't voice recording. It relieved my stress and pressure towards the assignment by treating it like it was a normal discussion. I don't think I talked enough during the discussion, but I did talk more then I thought I was going to be able to. Using my strengths of independence, and stress management I was able to overcome this situation. How does the artifact you selected demonstrate strengths & growth in the thinking competencies? In what ways might you further develop your thinking competencies? 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**

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