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| **Name: Brent** | **Date: November 29, 2022** |

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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.  **I am an active listener and can respond to simple, direct questions.**  As the editor of the video in the PowerPoint. I was responsible for editing the video alone, but I was aware that I was in a group project. So, I made sure to listen and to ask group members what their vision of the video will look like and make a video that satisfies everyone’s needs.  **I can present information clearly and in an organized way.**  Because of my experience as a video editor before, I had made sure to present and highlight the most important points in the video whilst keeping flow and maintaining the immersion of the video.  **I can recount simple experiences and activities and tell something I learned.**  See the source imageThis experience was something to remember and very different from the things I do in my life. From my research, editing and social interaction, I have learned a lot about my community and how to help. But I’ve also learnt how to work as a team and utilize my skills to achieve the best product together.  **I commit to taking the following actions for the benefit of my community:**  I am going to start donating things I do not need to those who need it more than I do. I want to volunteer and help out at any youth homeless shelters and try to make a homeless person feel a bit safer and more welcome. In the future, I hope I will find more opportunities to utilize my editing skills and touch on the youth homeless area. |
| [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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**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.**

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