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| **Name:** Carrick Buena | **Date:** Wednesday, June 14, 2023 |

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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 Bento Box project for our novels has helped demonstrate my growth in personal & social competencies. The project revolves around using objects to represent various elements - such as the author's writing style, the characters, and the themes - so that I may better understand the content of my novel.  The novel, Son of a Trickster by Eden Robinson, is about a boy named Jared who struggles to live as an Indigenous person outcast from society, like the rest of his family and neighbours. Jared succumbs to alcohol and drugs as he tries to explore who he is, and to reconnect with his Indigenous heritage that his family had pushed aside. Throughout the novel and the project, I learned about the unique First Peoples' perspective in the present day. I realized how important traditions and culture is to the First Peoples, as a way to cope with the struggles they face, such as inter-generational trauma, abuse, and violence. Especially in a time where there's a lot of exposure regarding the unmarked graves at the residential schools, the Missing and Murdered Indigenous Women and Girls, among other aspects like poverty and discrimination which continue to affect the First Peoples. By analyzing various elements of the novel through the Bento Box project, I understood how important the land is in reconciling with the First Peoples, and especially how it can be used to help the Indigenous feel consoled and at-ease. I also learned about how some Indigenous people act and behave now, due to the influence of alcohol and drugs.  All of these aspects were educational, and were integral to my understanding of the First Peoples today. I understand that by first realizing the importance of the land to the First Peoples - and by breaking down stereotypes through the analyses of a novel relating to Indigenous alcoholics - I can advocate for Indigenous supports in mental health, and for their rights to their own traditional land from an educated perspective. |
| [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)  **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)  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?** |

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