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| **Name:** Carrick Buena | **Date:** Wednesday, April 17, 2024 |

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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)  X  **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.   1. What are you strengths? In what area(s) can you make improvements?   One of my strengths in Personal Identity is the ability to understand that my identity is made up of many interconnected groups—such as my life experiences, family history, heritage, and peer groups. When I worked on my “This is Me!” SWAY presentation, I felt that I was able to comfortably discuss how my relationships with my family and friends, my interests, and whom I associate with contribute to my own identity. I was able to understand how these things shape how I think, feel, and act as a person, and how I reflect those things towards others. Though I could continue to improve in my ability to present information and ideas to an audience I don’t know. While I may be comfortable in sharing about myself, sometimes I might feel more nervous when I present about other things, like the Current Issues presentation which I worked on and presented to a couple classmates in our Psychology 12 class.   1. What growth area will you work on improving for the rest of the semester? How?   So as discussed above, I believe I will continue to work on my Communication competencies, particularly in being able to present information and ideas to others whom I don’t know, even about things that aren’t necessarily about me. I can improve in this area by practicing what I need to say regularly instead of trying to read off slides and improvise. I can also engage myself more in any discussions that may occur throughout the course, so I can work on my ability to project my voice and make my ideas clear. |
| [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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