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| **Name: Catriona Riddell** | **Date: September 26, 2019** |

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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.With this sway project I think I worked on my creative thinking and critical thinking the most with this project. I used creative thinking when I was trying to think about describing what happened and how to write it instead of just recalling just the small things I tried to remember some of the small things to make the story more interesting. Then I used critical thinking when I was trying to narrow down what I was writing about and how to word it all. It helped me think about what is most important to the structure of the story and makes it all make sense.  |
| 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**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**
	* **#communicationcc**
	* **#criticalthinkingcc**
	* **#socialresponsibilitycc**
	* **#personalidentitycc**
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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.**
4. **Publish**