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| **Name: Catriona Riddell** | **Date: November. 9, 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.While learning and writing about unit 1 of P.E. heath education I had to use my communication skills. While we were having group discussions either as a class or in smaller groups I would have to be actively listening and participating in the conversation. To show that I was doing that I would have to reinterpret what someone has said or just be a good listener. Throughout the classes I would show what I have learned so far in two main ways, firstly I would talk about it usually in small groups and secondly, I would write it down in the paragraphs that I had to do after every lesson. If one of my groups had a disagreement while doing the activity we would hear every side of it and then either come to an agreement on one or make a compromise and find some kind of middle ground. That is why and how I used my communication skills while doing this unit. |
| 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?** |

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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.**

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**
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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.**
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