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| **Name:** Chelsea Fiddler | **Date:** Oct. 31, 19 |

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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.  When reflecting back on my essay it’s clear to see my strengths and weaknesses. I am someone who always did my best to contribute in table group discussions to generate ideas but not always aloud with the class. The times I did speak aloud however, I liked to build off other’s ideas previously said but add my own opinion to it. I like to believe I am someone with strong opinions on certain social issues and this reflects on my writing. In my writing I did my best to show different perspectives or sides of an argument or issue in order give both everyone a voice. One thing that I value strongly is acceptance. Growing up being a mixed-race kid have having to go through some forms of racisms towards not only me, but my family is something I would never wish upon anyone. Hearing stories told from family about how they were treated growing up and comparing it to now, I’m happy with the growth made but I still feel there is room for improvement. In my writing I talk a lot about self-perception and how that plays into the theme of both stories. Because of this I feel as though I demonstrated my learning of both characters and the conflicts they faced. In both stories the characters go through things that have an effect on their life causing a chain reaction. Overall, I was able to share my identity throughout my writing by sharing my opinion and values in order to connect the plot and conflicts to societal issues faced today. |
| [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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