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| Cleon **Name:**  | October 4, 2019**Date:**  |

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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?** | **I can explain my Learning Style**My learning style is Kinesthetic or “hands on” learner. I learn best when I am touching or doing whatever I need to learn instead of just listening or looking. For me to learn best, I need to be active and take breaks. My preference is hands on tasks that involve constructing and manipulating materials, and I enjoy physically expressed encouragement when I communicate. Different types of learning strategies I use is when I learn something new is writing down my own notes, this way I can physically understand what I am learning because I am writing it hands on. Another strategy that helped me a lot when I was learning something new was when we did a physical learning strategy which was when we acted out how cells work in different states in science class. This clearly improve the understanding of the material a lot better because we were doing a hands on task which physically move us. My strongest multiple intelligence is “Body Movement”, I think this is true because first my Learning Style relates with Body Movement. This is because Kinesthetic utilizes body movement to learn best which means my multiple intelligence depicts my learning style. Body movement also means I like to walk, run, and good at sports. Which I think is true to me because I enjoy playing sports especially that involves body movement. Knowing my multiple intelligence can help me learn better by making my focus on using those strategies and incorporating them when I’m learning something new in the future. This would also help me develop new abilities and strengths to help me meet new challenges because I would know what to concentrate on and what to improve on.**I understand that learning is continuous, and my concept of self and identity will continue and evolve**I understand that learning is a life long process because I know you can’t learn everything at school or at one time. You can only learn so much about yourself at school that there are so many other things you haven’t discovered before which I think that learning is a long continuous journey. I as person would change throughout my life because I can build on my past experiences and improve on it. Also when I mature throughout my journey I can learn new things which can help me with things in the future. One thing I have been learning most of my life is Badminton. Which also relates with how you can learn new skills and improve in your journey like in life. For example, when I started Badminton I didn’t know how to play but once I kept practicing I got better and changed how I played because of what I learned. Just like in your life, when you start you don’t know what anything is but you will slowly start to change and understanding things more and you can build to it from experiences.  |
| 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 imageX**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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