



Core Competencies Self-Assessment



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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.

For our final Foods 11 Project/Assignment we were assigned to do further research on a country of our choice, exploring aspects of the country such as its culture, normally eaten foods, geography, and more. Taking inspiration and choice from one of our good friends George, we had taken the decision to do further research on a country called Romania, which is located in central Europe. I think that in taking his decision that it was the correct thing to do, because we were given the great opportunity to learn more about Romania's culture and its foods. We decided to make a very popular dish in Romania called Mamaliga, which consisted of primarily cornmeal, butter, salt and water. This was a fairly easy dish, but I think that the thinking competencies part of the project came in with doing the research. In doing further comprehensive research on the country of Romania and its culture, it definitely demonstrated my strengths and growth in the thinking competencies because Romania was almost a foreign country to us, as Gideon, Gabe and I didn't have much information on what the country was and what it contained in its culture. In doing research on aspects of the country on the geographic, cultural, and nutritional side I think that we were able to successfully present the information that we had gathered in using the thinking competencies, it allowed for us to think creatively and critically as well on some aspects. Putting together the presentation itself required critical thinking, as we had to think about aspects of which slides/aspects we should put before another, and I think that overall we did a great job at presenting the information in front of everyone. I would definitely say that if there was something else I could have done in other to further develop these thinking competencies that I could have added more information, especially on the cultural side. Because of the fact that Romania is such a diverse culture in Europe, there was a lot more we could have added.



How does the artifact you selected demonstrate strengths & growth in the thinking competencies?

In what ways might you further develop your thinking competencies?



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.

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