



# Core Competencies Self-Assessment



Name: Daejung Choi

Date: June 25th, 2022



How does the artifact you selected demonstrate strengths & growth in the communication competency?

In what ways might you further develop your communication competency?



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?

## 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 project in Physics this year, we were assigned to create a machine that incorporated the aspect of energy transfer through 3D printed objects and our own properly created object. My group partner Gideon and I decided to create an elevator; this machine would be heavily 3D printed incorporated, with styrofoam and cardboard as our supporting objects. Things such as the wheels, rotators, gears, and barriers on the sides were all 3D printed, and we felt as though we did a good job at demonstrating our knowledge with energy transfer and how it's incorporated into our everyday lives. I felt as though this artifact and the project that we created demonstrated our strengths and growths primarily in the thinking competencies; in creating an object like this, we were able to thoroughly demonstrate our competencies and how we understand physics, more importantly the topic of energy and how it is used as well as how it is processed to transfer among different objects. In using an object such as an elevator, we were able to show that we were capable of creatively thinking of different ways to 3D print objects and how to incorporate them into our machine, as well as how to put the final product together to make it presentable. In terms of some ways we could have further developed our thinking competencies, there was definitely some things towards the end of our project where we could have improved. One of the main things was definitely how we put the final pieces together, as we struggled in terms of the sizing and the weight of the actual elevator. This was one of the things we could have improved, was that thinking in advance about how the weight and size could have affected the final product. Overall though, I think that Gideon and I did a good job at demonstrating our knowledge in Physics and energy transfer through the creation of a machine and I think we were both satisfied with the final product.

## 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
  - #personalawarenesscc
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