



# Core Competencies Self-Assessment



Name: Daejung Choi

Date: April 20th, 2023



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 one of the bigger assignments in Physics 12, we were assigned an equilibrium project; one where we had to use various objects in order to ultimately create an object that was at balance and at equilibrium. My group consisted of Aryan, Yael, and myself and for the project we decided that it would be a nice idea to follow the theme of "school supplies", to use rulers and highlighters to make a two level fulcrum object for our project. The photo will be attached below/above, and I felt as though we did a great job at our project because we were not only able to make it successfully but we were able to put together something unique. Overall, the project did encounter some obstacles along the way especially on the day that we were presenting because someone had taken the ruler we needed to use for the presentation. As an alternative, we ended up using another ruler from another class and thankfully we were able to make it work last minute before presenting, and made it run smoothly as well. Our calculations were done very properly and cleanly, and I felt as though we all contributed an equal amount to the project, what made it run successfully as a whole. If there was something I would have done differently, it might have been to add another element to add to the theme such as an eraser, pencil sharpener, etc just to make it look a little more creative. Something else that we could have done to challenge ourselves more would be to add another level of fulcrum to the final product, but two levels was hard enough and so I still feel as though we did a sufficient job. I think that in general if we look at the time given and how well we used our time in class, that we were able to successfully create a good project that would evoke good comments from the teacher and from classmates which is great. Although there were difficulties and things that we could have improved, overall it was a job well done from not only myself but also from the rest of my peers.



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.

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