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| **Name: David Magnusson** | **Date: 30/01/2021** |

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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.  Not sure where to put “learned a lesson in time management,” so I circled the third competency because of the “personal” portion of it.  Doing this project, I learned 2 lessons specifically: one about procrastination, and another about time management. Typically, when I get home after a day at school, I play for about an hour depending on the day, usually as downtime and something to do as a break from work. After that, then I get working on whatever I need done for school or elsewhere. In finishing the project, I really got a shot of reality and slapped with the truth that the system I had been using is flawed in that I get carried away and don’t start work early enough. The fact that this project was handed in 2 days late tells me that I need to step up my game and find another system that works better. That’s the lesson I learned in regard to time management.  The lesson I learned from procrastination is bigger and more needed than the first. During the first few weeks after Christmas break ended and during which the project was outstanding, I didn’t do any work. It was mostly due to other things going on in addition to procrastination, but the procrastinating was a decent portion of the time spent not working on the project. I see in retrospect that I could have 1000% finished the project on time (or even early) if I hadn’t spent all those hours playing and scrolling Reddit instead of working on the project. That neglect likely cost me marks off the project in question (I wouldn’t know, I haven’t seen any marks for it yet BECAUSE IT’S LATE) and that could be detrimental in the long term.  So anyway, I learned some lessons and now have some potential hardships in the future because sometimes things won’t resonate within me early enough. Also, nothing particularly bad about the project other than that there was WAAAY too much work involved. Yes, I get that it was a project that’s been out for weeks, but the amount of work I had to put into it is ridiculous and I probably hurt myself from all the sitting down I did while working.  TL;DR: I got a shot of reality and learned lessons about time management and procrastination; also, make the project less work somehow, it’s mentally exhausting. |
| [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?** |

**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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