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| **Name: David Magnusson Sanchez** | **Date: 05.03.2021** |

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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?** | **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.Health Unit Reflections/Revised Health and Safety PlanThis project strengthened me in the personal and social competencies category because the reflections really helped me think more and more in depth about everything to do with my health, pushing me to be healthier in that regard. It also helped by making me consider logistics about things like partnerships and communication for the future, especially with the portion about sex education, where it was iterated many times that communication is key to good health. In short, since the reflections made me think and consider things about my personal and social health, I think it strengthened my personal and social competency more than others.  |
| 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?** |

**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**
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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.**
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