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| **Name: David Magnusson** | **Date: 23/01/2023** |

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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.  In my French Foods 11 class, we have had many projects that delved into the familial and cultural aspects about me, my favorite meals, and meal-based dynamics and new culinary concepts. One such project was the Familial Food project, in which we must analyse and present a culturally or familially important meal or food.  In my case, I presented the Quesadilla, which is not only a very important food to me culturally, but above all its very important to my family, for the reasons I listed in the presentation. I analysed and presented the self- and familial-based importance of the meal and took a very random-like meal prep procedure and transformed it into a real recipe that can be followed.  I showed growth in the thinking competencies as well as the personal awareness competencies, both in how I analysed my favorite meal and the cultural and familial aspects of it. I was able to properly analyse the meal and its importance to me, my family, and my cultural, and showed how the meal changed me over time and my newfound and overall appreciation for the dish and its procedure, showing growth in the critical thinking competencies.  I also showed growth in the personal awareness competencies in how I was able to synthesize and show the importance of something very close to me and my family. Being able to analyze something of that importance while still having to present it and ensure it made sense was a new skill and project I’d never done before, but I grew in that competency and skill with this project.  In all, I grew in the critical thinking and personal awareness competencies, in the new-ness and deep thought poured into this project. |
| [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)  x  **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?** |

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