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| **Name:** Denise Estrada | **Date:** 15/10/2019 |

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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.  I’m used to work in groups and I know my place on them. On a group I’m not the leader but I’m not just a follower either, I always try to give my opinions and if we decide something everyone on the group needs to be agree. I always try to ask everyone’s opinion even if I already have an idea, so I think my strength in the communication part is to try integrate everyone.  This project was able to make us communicate more because communication was an actual key to this assignment. In past tasks one didn’t really had to talk because everything was already on the sheet given to us, we just needed to decide who did who and to share numbers. After that everyone was left alone to complete their sheet. This task, whatsoever, was different because we first had to discuss and agree on what we needed to do for the las sheet we were going to present. So we had to dialogue way more for the making of that. After the recording of the numbers was kinda of the same, but when we introduce the numbers to the sheet and made the formulas we did it as a group giving the fact that all of us had to have the same answers. I think a big help on communicating was the fact that we all are giving just one sheet, so we all had to make sure it was correct for each individual.  I think maybe i could improve my leadership, giving the fact that I’m not very good at it. One time I was in a team where nobody wanted to work or knew what we were expected to do, so the team voted me as the leader. The problem with that is that I don’t how to make people do something, I don’t posses an authority so I cannot work with people who doesn’t want to work. Even if that is something I could improve i really don’t care because i prefer to work in a team with no leader where everyone is taking and giving control, for similar to a democracy. Still leadership is something that is good to know, or at least learn to give and make your opinions work on a group of people refusing to hear you. |
| [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)  **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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