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| **Name: Denise Estrada** | **Date: 5 Dec 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.  **Generate Ideas:**  Normally I like to work independently and alone on a place with almost no sound. If I’m stuck or I don’t know what to do I do ask for help, but I only ask them to guide me not to give me the exact thing because then it would be harder to continue writing with the idea of some else. I always like ti investigate all I can about my topic before I start to write it, I spend a lot of time in research until I understand it fully.  **Develop Ideas:**  I’m not very good at accepting failure if I think my work was wort of more. Sometimes one works really hard and its still not enough for other people even tho one is proud. If i think my work was not good or there was a lot of room for improvement then I understand the failure and take it in mind for future improvement. One problem with feeling proud with a work is that sometimes it does not fit the task they gave you and you will need to change your work, it hurts to destroy your perfect work for something less perfect just so it fits with the task but one has to do it.  **Novelty & Value:**  I always try to do things different as I hate to do the same as everybody else, the only time I do something the same as someone else is if I just don’t care. Normally I look for something different that has my interest even if its hard and I don’t know much about it, meaning I would have to spend more time in researching and understanding it.  I don’t think my work is beneficial for anyone but my self and I really don’t think that at this age and with the work that I’m doing, that is for school, that it should be.  I think that by creating a guide, or steps of what i need to o may help develop my thinking. Normally I just start to write whats on my mind and start to create everything on the moment but that is not perfect, it may affect the structure making it weird and I may end in a spot were I don’t know what to do anymore. So by doing a guide of the thinks i need to do and what goes in what place help me to control my ideas until the end and to make everything look more in order. |
| [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)  **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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**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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