



# Core Competencies Self-Assessment



Name: Eashan Bani

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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.

How has your understanding of your strengths and abilities changed since the beginning of the quarter?

**I learned a lot since the beginning of the quarter. Some things I didn't know before this quarter is that what an undergraduate study was. I learned that I was a kinesthetic learner instead of a visual learner and it was exciting knowing that I have a good understanding of knowing how I learn best.**



How does the artifact you selected demonstrate strengths & growth in the thinking competencies?

In what ways might you further develop your thinking competencies?

How have your plans concerning your future shifted, if at all, over the course of the quarter?

**Ever since grade 8, I knew that I loved science and in grade 9 I knew that I loved learning about the human biology. Over the course of the quarter, my plans have shifted a little bit, I thought I wanted to be a cardiologist or anesthesiologist, but it turns out its best to be an internal medicine doctor.**

Concerning your future, in what areas do you still feel uncertain about? How can you address these areas?



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?

**I'm uncertain about if I am going to be able to make university or not because most of the university's I am interested going to is highly competitive. I can address by just trying my best and believing in myself.**

## 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
  - #communicationcc
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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.
4. Publish