



Core Competencies Self-Assessment



Name: Ella M.

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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?



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

In what ways might you further develop your thinking competencies?



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?

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.

Since mid-March our lives have been dramatically changed physically and emotionally. When school switched from normal in person classes to all virtual lessons it was very important to quickly adapt to the new situation and learn how to work effectively with virtual learning. In Gym class we have had to adapt in a very **unique** way since we can no longer do any in person activities and are all stuck at home with limited equipment. However, we have challenged ourselves in thinking outside of the box when creating unique and creative videos. I have been able to continue using creative thinking while creating my groups Game Design. I implemented this competency when I helped come up with the theme and objective of our game, presenting the description of our game, the rules of the game and creating and editing my other group members videos to create one group video. I think my group did a very good job at communicating because whenever we had any questions or things, we were uncertain about we always asked each other or teachers if needed. If we do this assignment again, I would try and add some more detail to the plans so that the filming would go more smoothly, and we would have a better script. This pandemic has certainly created a lot of new learning opportunities and I have really enjoyed getting to expand my creative thinking. Especially, while learning rules about tennis, golf and bowling as well as improving my ability to adapt in new situations awhile still having fun.

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.
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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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