



# Core Competencies Self-Assessment



Name: Ella M.

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X

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?



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?

## 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.

For my last assignment of the year in woodworking, I was assigned to create my own Passions Project. There were a few difficulties that I faced during the process, including only having a total of 3 hours during 3 days to work on my project when I was allowed to attend school (and the woodworking shop). It was pretty much a "learn as I go" experience, aside from some instructions that I was given by my teacher and some videos that I watched before attending school. I tried extra hard to make sure that I didn't make any big mistakes that would set me back, because I was not able to do normal preparations in class due to Covid-19 where I could only go to school once a week. Throughout these difficulties, I was always able to rely on my communication skills to get me through obstacles. When I was uncertain of any needed steps, I was sure to always connect (via Teams) with my teacher to make sure I didn't make any major mistakes. I made sure that I regularly communicated with my teacher, even though I spent very little actual time in the woodworking classroom to be sure I was ready to spend my limited time effectively once I was in the shop.

The other core competency that I worked on during this assignment was Personal Awareness and Responsibility. When in the woodworking shop, I knew that it was extremely important to be aware of my surroundings, to be very calm and to always behave in a safe manner in order to not hurt myself or anybody else. I demonstrated this core competency when I worked on my project by making sure that I followed all the safety requirements including always asking for permission from the teacher before using a machine, always wearing goggles and a face mask when working with wood and tools, not wearing any jewelry or baggy clothes, not leaving the machines while they're running and not talking to anyone while working. I am very fortunate that I was able to make my passion project since I couldn't go to school for a couple months due to Covid-19. I have learned a lot from this experience, including realizing that, if needed, I can plan an entire project virtually.

## 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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