|  |
| --- |
|   |
| **Name: elsie chabot** | **Date: 2022-03-07** |

|  |  |
| --- | --- |
| Related image**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.For my self-reflection I chose my fitness assessment.What I think I did good: I think I did good on my plank because I held out for a long time and one of my classmates was really impressed with how long my plank was. What I think I could have done better: I think I could have done better on my run and on my pushups because I really didn’t put as much effort into it as I should of.What I would do differently next time: I would try and run more in my run and for the pushups I stopped once I reached my goal however I had lots of time left and could of done more so next time I would use the extra time.  |
| Image result for core competencies BC**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**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?** |

**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**
	* **#criticalthinkingcc**
	* **#socialresponsibilitycc**
	* **#personalidentitycc**
	* **#personalawarenesscc**
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**