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| **Name: Emily Rosh** | **Date: November 21, 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**  This semester, I have PE as one of my courses. For the Dance unit, I believe that creative thinking and Positive Personal and Cultural Identity are the 2 most important core competencies. Because I am a dancer, I have lots of experience and training on these competencies.  I am able to expand my learning to help others. This year, instead of participating, I was able to instruct and use my skills to my advantage.  I believe that the Art of Dancing takes a lot of creativity. In the world of dance, there is no such thing a “not a move”, every movement you make with your body is counted. When it comes to creating movement, you must think creatively and consider the following; How can I move my body in ways that are unique? What can I do to become better at this type of movement? And What elements can I combine to make my own unique combination? For my situation, I had to approach this unit it an open mind considering the values of others.  Next, I believe that Positive Personal and Cultural identity was an important competency. As a student teacher, it is important to accept other people’s values and learning styles, as well as your own. Accepting your own image is one thing but allowing yourself to explore new realms is also very important. Dance isn’t everyone’s thing, but when you are applying your skills you have to open to the outcomes. Its super important to step inside a different view. |
| [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)  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?** |

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