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| **Name: Eva Kapytskaya** | **Date: January 16, 2020** |

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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**  I written a synthesis essay comparing three sources on how people would behave when they have troubling circumstances, and how having their close ones support them. Initially, I have many thoughts on this topic that lead me to over think and write a confusing, over-informative and distracting essay. Therefore, this assignment guided me to recognize my critical thinking by reorganizing my notes and impressions of the chosen topic. My question is “How do relationships effect an individual’s decision and choices?” and it is a question with many answers, however, I recognized that the essay is meant to tell one answer; therefore, I included too many details about the sources I am using. For example, I started by realizing what is the extra ‘deadwood’ in my essay; since the idea is involving characters’ relationships, I could not involve any background information outside of this topic. To summarize, I needed to learn how to think critically about what points I need to discuss and plan the essay accordingly. In addition, I wish to improve on integrating and introducing quotes, use of colons and semi-colons, and work on writing a better introductory essay, especially the thesis. Overall, this activity helped me learn how to organize my thoughts and identify the highlights of my material needed for explanation. |
| [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)  **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)  **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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