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| **Name:** Eva K | **Date: June 17, 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?** | **Calculus 12 Self- Reflection**  I believe I grown more within the “Personal Personality and Cultural Identity” and “Critical Thinking” competency. Since the course started, I have developed methods to study, help me focus, or figure out other methods to solve problems with. For example: my highlight of this semester was the ¾ term exam, where my class was given a list of calculus questions before hand, and we had at least 2 months to study, it had no answer key (except checking with a graphing calculator), and I couldn’t ask for help from my teacher. Some questions were simple and easy, and some were slightly harder. When I progress, I tried different methods whenever I get stuck, I tried by researching my question, working on a whiteboard, or take breaks and come back later; and these methods help change my work pace and prevented me from too frustrated. This demonstrates how I analyzed my actions and adjusted them in order to receive the result I wanted - inclining to “critical thinking”.  For the PPCI competency, the concepts and problems I learned how to solve in Calculus will stay with me to use for post-secondary and potentially in my career. But while the worlds’ event took hold, I had to work on my self- regulation while at staying home, such as: staying as active as possible, getting enough sleeping, and adjusting my schedule for how much I spend my time working and taking breaks. |
| [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?** |