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| **Name: George Plesu** | **Date: June 25th, 2021** |

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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)  X  **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.  I have chosen the Communication Core Competency to represent how I have changed and improved my French capabilities throughout this quarter. When I had my first verbal communication activity, I was very uptight, I would answer questions simply in a straightforward manner. Over the past few months, I have learned to connect and engage with other in a way that will get them to continue the conversation and make things interesting. One aspect that I would consider giving the greatest impact upon this change is my confidence and preparation. When watching the short film “Achoo”, I envisioned what my conversation would look like with my group members, and I tried my best to think of creative ways to proceed the conversation by asking my own questions and for people opinions on various topics. This skill did not come immediately and has been developed from doing various verbal communication activities that would slowly build up my confidence to allow to ask and answer questions without hesitation. After listening to many French YouTubers in my spare time, I also became more familiar with various accents and I am happy to say that I have developed my French accent too, which also boosted my confidence when speaking to others. Although I would never really say I was never shy when it came to speaking aloud, I would that there is always room to become more comfortable and confident with speaking and I would say that is the case in this scenario. Gaining the confidence to connect and engage with others allowed me to move onto the next step of this Core Competency which is acquire, interpret, and present information. With confidence, I have able to present my ideas and opinions on the short film “Achoo” to see if people would agree or disagree with me. With the assigned questions we were given, I was able to collaborate to plan, carry out, and review constructions and activities. With my vision of how the conversation would look like, I searched vocabulary words I did not know to carry out my plan of what I would say without any problems or hesitations. Finally, once all questions were answered, I explain/recount and reflect on experiences and accomplishments by reviewing what members of my group have recounted and by creating my own questions to reflect upon everything we have discussed. |
| [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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