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| **Name:** Ghazal Haidari | **Date:** January 14, 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**  **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.**  An artifact that showed a lot of growth in my strengths in the communication competency was my spoken word topic. I spoke my topic on Kanye West running for president 2020, and it made it to almost 6 minutes. A lot of time but I was so inspired by the subject and wanting to make my statement as clear as possible on why Kanye should run for president and how Trump is doing a horrible job at his position. This subject helped me strengthen in my communication skills as I had to overcome speaking to a crowd of people especially my peers. Not trying to mess up or make a fool of myself. I managed to finish all my writing in one day and I took four days to practice to myself, my family and my B block class (entrepreneurship) as I read my spoken word to my other class to gain strength and confidence in my speaking.  Beyond speaking, before I presented and after, I had to listen and give my feedback to other speakers performing that day. I listened to what they had to say and if something sparked my mind and I’m really moved by their words, I would snap my fingers. Watching other people perform the way we should all perform gave me confidence as I looked at other performers and their actions and follow what I think would help during my performance.  This artifact can also balance into Social Competencies, but I already find myself great when it comes to communicating with others or being social. What I learned most was overcoming my fear of audience, gaining confidence in how I present my work and have fun at the same time. |
| [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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