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| **Name: Hannah Cheng** | **Date: November 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)  Y  **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**  **What do you do when you disagree with someone in your group or discussion? How did you learn/develop that strategy?**  For my indigenous podcast, I had a choose to do the assignment alone or with a partner. I decided to work with a partner and we agreed to do our project on the residential school. We both have different opinions and ideas for the podcast. Such as music, I hoped the podcast would have depressing music throughout. However, my partner on the other side, hoped the podcast would sound more positive and relaxing. Lastly, I suggested that we could add calm music at the beginning of the podcast, where it was talking about the survivor’s life before residential school. When we talk about the survivor leaving her home, we would add sorrowful piano music to show the emotion of the scene. I developed my communication skills to solve our disagreement, I tried to find similarities of our ideas and came up with a solution that we both agree on.  **What helps you get new ideas?**  To help us generate more ideas for the podcast, I looked at other examples of the indigenous podcast. I had a better understanding of what I could do and how the project would look like when finished. While listening to other podcasts, I figured out that I could add some sound effects to the audio to make it sounds more realistic. Also, I did lots of researches on my survivors as well, hoping to share more information with my audience. |
| [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)  Y  **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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