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| **Name: Jack Hinder** | **Date: Jan 16, 2019** |

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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: (C**) I feel I demonstrated that my project up to the best of my ability’s. I feel I went in-depth with it and had a good video and a couple of nice pictures in my project. I feel that my question was strong and purpose full and showed my ability to find great resourceful websites with strong information. I had a lot of growth from this project because in feel its one of my best ones I’ve ever done. I think I could further my communication by asking more questions and going deeper into the question or questions.  **(t)** I think I had good thinking in my assignment with coming up with a question and asking more questions about my question and digging deep with it I also feel that I had strong thinking with putting all the information I had in my own words and gathering good information with the thinking process of choosing good sources. I was very independent with this assignment with finishing it early and on my own and having extra time to edit the project so there were no mistakes. I know I can father my thinking with the assignment by thinking deeper even though I did dig deep I feel I can put my critical thinking further and dig to the point of there is no more digging.  **(PS)** I can further my personal and social thinking by being more open with my project by asking for others impute on it and I could have made my question more personal by making my question about something I wonder about, but I chose my question based on what I thought would get a higher mark. Even though I was interested in my project and researching my project and learning about it made me wonder more about it and be more interested in it but If I could do the project again I would do question that id enjoy more and wonder more about and want to go more in depth with it and really wonder about. |
| [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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