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| **Name: Jacob Korlacki** | **Date: February 25, 2020** |

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| Related image**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 think there was a large use of the thinking core competency, both critical and creative during this grade nine health unit. We learned about different addictions and substance abuse and how to deal with them in many different situations. We had to generate ideas quite often. There were times where we had to generate ideas in the regular class activities and create scenarios. There were also the lesson reflections after each lesson, I think this relied heavily on the thinking core competency because of the fact that we had to take what we learned in the lesson, process the information and then put it into a paragraph. This may have been difficult at times but if we learned to use the different parts of the thinking core competency well then this would become an easier task to complete. I think that this unit helped me grow my strengths in this area, because with practice in this area the skill really develops and can be used in a more advanced way. |
| Image result for core competencies BCx**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**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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**You will now attach and/or embed your self-assessment to the bottom of the blog post with the artifact you have chosen. You may choose to make this post private or public. After placing your artifact on a blog post, follow the instructions below.**

1. **Categories - Self-Assessment**
2. **Tags - Now tag your post using the tag that corresponds to the competency that you have written about. You can choose more than one. Please use lower case letters and be exact.**
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3. **Use the Add Document button located at the top of your post page and embed your self-assessment at the bottom of your blog post.**
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