Core Competencies Self-Assessment

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C ☐ **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. The health and wellness Document helped me realize the importance of having a healthy lifestyle and realizing that looking at the different parts of your life in depth, brings to the surface how well you are actually living. In the document, it consists of questions on how to improve your lifestyle, and making a plan for your self. Looking back on the questions while writing, I realized that other than my sleep schedule, my life is quite balanced. Though I shouldn't be willing to sacrifice sleep for other things in my schedule, I'm not worried about my sleeping until it becomes a problem. I'm also aware that others have much worse sleep schedules than I. I think that it's important to realize that there are certain parts of your life that are harder to change, and require reorganizing of your whole life. It's always ok to be ok with something that isn't perfect, and I think that I should be really proud of how I live now.
T ☐ **How does the artifact you selected demonstrate strengths & growth in the thinking competencies?** **In what ways might you further develop your thinking competencies?**	
PS 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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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.**
   - **#creativethinkingcc**
   - **#communicationcc**
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   - **#socialresponsibilitycc**
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