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| **Name: Janna Grant** | **Date: 15th December 2017** |

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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.  I chose the core competency Creative Thinking for my project on the book “un bouteille dans un mer de gaza.”  For the creative thinking process, I tried to think of some creative ideas based off the information about the characters I already knew. I then tried to further develop the relationships of the characters. To create a story, you also need to first establish a setting. By using my creative thinking, I wrote a bit of a background story to include all the necessary information for the story. After I had developed background, setting, and character, it was time to develop the main plot of the story. While creating a plot, I tried to think about what would make an interesting story, and that would keep the readers engaged. I also needed a point to the story. Why was I going to write it? What did I want to happen in the end? After I had planned the basic plot of the story, I started to write. At first, it seemed like I had just threw up all my ideas onto the page. Once I could make sense of everything I had written, I edited it so that my grammar was a lot clearer and then once I had edited, I reviewed it again. I then finished clarifying all my thoughts I started to write the ending. I concluded the story and resolved the conflict. I then once again reviewed my ideas and edited. |
| [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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