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| **Name: Janna Grant** | **Date: March 13 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.So far in Anatomy and Physiology 12, we have done many activities that involve the core competencies. However, I feel that the competencies that have stood out most in all the labs and activities we have done are Communication and Critical Thinking. All the labs and activities we have done in class have required working in groups. Whether with a partner or with groups of up to 6 people, we must work together to complete a lab. Without communication, all labs would be unsuccessful. We need to connect with each other and collaborate our ideas with the people around us. We have to reflect on what we accomplished and continue to interpret the information we collected. We used critical thinking as we had to constantly question and investigate what happened in our expirements. In order to be successful, we must develop our ideas and grow them into our hypothesis and conclusions. In conclusion, these activities have helped me grow in both of these competencies.  |
| Image result for core competencies BC**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?** |

**Publish Your Self Assessment**

**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**
	* **#criticalthinkingcc**
	* **#socialresponsibilitycc**
	* **#personalidentitycc**
	* **#personalawarenesscc**
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.**
4. **Publish**