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| **Name: Janna Grant** | **Date: June 15th, 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.Throughout Anatomy and Physiology 12 I have had to use many of the core competencies. I have had to exercise many skills and tools in order to be successful and grow in my learning. When referring to labs and activities we did during this class, I feel as though I mainly used Personal Awareness and Responsibility, Critical thinking and Communication. Labs required me to find personal responsibility and awareness; I need strong time management, patience with myself and be able to use my strengths in order to find success. I used critical thinking as I had to develop my ideas and find different ways to express them for the lab, I asked questions that led me to a greater understanding and I had to analyze the information from different perspectives in order to answer my questions. Lastly, I used communication skills to share ideas and thoughts with the people around me, connect and engage in conversations about results and processes and present my information in a way that others understand. However, during our school online, I was unable to use communication as much as I did in class. For our heart rate lab, I had to rely heavily on my critical thinking and personal responsibility and awareness as I didn’t have the communication that I had during a regular class. I wasn’t at a table group, so I didn’t have others to bounce my ideas off of. I had to self-regulate and be responsible doing it by myself. I also had to work hard using my critical thinking skills as it wasn’t easy to ask others how they were figuring things out, I had to do that without the help of others. Overall, I believe that those three competencies were where I grew and developed over this course.  |
| 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?** |

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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**
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