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| **Name: Janna Grant** | **Date: June 15th, 2020** |

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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.  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](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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