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| **Name: Jayden Armstrong** | **Date: January 9 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?** | I think that this project helped me with my communication skills because even though I wasn’t there the whole time we communicated with what we needed to get done. This was the first project I did after I got my concussion and I think that I could have done a bit better but overall, I think that think project helped a lot with my communication in many way. Whenever I do a group project I have to talk to everyone about what needs to get done and what I need to do, so I think that this project helped me grow my communication skills.  |
| 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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