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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 think that for the song we had to create Jayden and I really used a lot of creative and critical thinking. Especially with the song that we chose to be the base, we had to really think about the different words to rhyme with the base. It also definitely made it harder that our whole subject was on our classmate, but in the end, we figured it out. We had to think of different words and a classier vocabulary. We also had to plan out how the song would sound and when we would have time to record. I feel like we definitely were proud of the end result and the way we worked. Next time I think we can extend our creativity and even make a music video if we have the time, which would also take more planning. |
| [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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