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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.   * Why is it important to have a strong sense of identity (who you are) in life?   I think it is important to have a strong sense of identity in your life because it can help you when you have to make decisions. For example, having a clear sense of who you are makes it easier to connect with other similar people and groups. If you know how you communicate with others and how you act in public and in general, you will tend to lean towards people who resemble you and avoid opposites. It can also help to distinguish yourself from others, you start to accept your differences from others and let less people influence who you are and who you are trying to become. Altogether, when you have a strong sense of identity, you know how you want to use your time, the people you want to be in your life, and how to make decisions that will help you reach your goals.   * How will your identity be shaped by your future choices? Try to give a couple specific examples?   Even from a young age, the choices you make now will greatly affect who you will become in the near future. Not knowing your identity now can cause major issues for the things you might want to pursue. For example, if you let people influence you now, your identity can force you to become someone your either not comfortable with or do not like. Knowing your identity helps you choose the rights actions that benefit you in the way you want. The sooner you know, the more things you can accomplish. |
| [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)  x  **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.**

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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.**
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