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| **Name: Josh Thompson** | **Date: 2020-01-16** |

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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)  x  **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.  My pechakucha this semester helped me grow from a 4 in the communication competency to a 5. It allowed me to grow as I don’t believe I have ever done a presentation that long in front of a full classroom. Presenting for about 6 minutes was something I didn’t know I could do. I’ve felt confidence in public speaking since about grade 10 but this was new to me, but I felt confident no matter what. I think it took me from a 4 to 5 because before hand I wasn’t great at being an active listener but after presenting it made me want to listen to the other presentations more. I found that it was more enjoyable if it seemed like my classmates were interested in what I was talking about. I do think that the 20 second slide is what helps a lot with the presenting as you talk about a subject for only 20 seconds and then must switch what you are talking about. I don’t know if I could talk about the same thing for too long without relying on “ums” but I’ve learned that those are just natural so I don’t let it affect my confidence when it comes to public speaking. To further develop this competency I think I will just need to present more in front of more people and just learn and grow in confidence as my life goes on. |
| [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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**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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