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

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| Related imagex**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**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?** |

**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.**

1. **Categories - Self-Assessment**
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.**
	* **#creativethinkingcc**
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3. **Use the Add Document button located at the top of your post page and embed your self-assessment at the bottom of your blog post.**
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