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| **Name: Juan** | **Date: 12/5/19**  |

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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?** | **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.1. **What you do already**

I think my writing was good because I think that I was able to make the audience laugh, I had a good voice tone, I had pauses, I used hand gestures, body language, I maintained eye contact with the audience and it was mostly memorized.1. **Where you want to improve**

I think that I should maybe slow down a little, don’t go too fast because that makes me pronounce worst, therefore making it harder to understand.  |
| 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**
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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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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