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| **Name: Justine Flaubert** | **Date: Thursday, November 5th, 2020** |

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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.During our activity, I think I used the most of my communication competency. When it was my turn to go up for my group, I had to give arguments. Each round I went up, I said many arguments and comments, so for me that shows my communication skills. Another way is that while giving arguments I sometimes had too repeat and clarify myself since a few times my classmates didn’t understand the point I was trying to make. A thing I could work on with my communication would be to slow down and prepare before making an argument, since a few times I choked up and couldn’t finish what I was trying to say since I wasn’t prepared to speak even though I raised my hand. Another thing that I need to improve on would be to not interrupt/ let my classmates finish their point before making a comment. I didn’t really interrupt during our activity but there were times when I disagreed and said something without thinking. |
| 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.**

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