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| **Name: Kaitlyn B**  | **Date: March 13, 2020** |

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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-ReflectionDescribe 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 self-reflection on the health unit 2. I think that it has helped me improve on myself reflecting and make me think about difficult situations. I think I will also be able to make good decisions in the future because I have already thought about what I would do in these situations. It has helped develop my personal awareness by making me think of what kind of person I am and what I want to be. I want to be a socially responsible person and make good choices for me, my friends, my family, and my community. I would like to improve on sharing more information in my reflextions.  |
| 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 imageX**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.**
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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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