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| **Name: Kenya Anand** | **Date: 2/6/21** |

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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)  **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.  The artifact for this reflection my visual for our Data Visualization Project. In this project, we were given lots of creative freedoms for which I am grateful for. Expressing information in a creative way is my preferred way of doing things since I am a relatively creative and artistic person. So, this project really sparked my creative thinking, specifically while coming up with a way to symbolize certain causes of death. At first, I struggled to come up with a topic. I know that something I can surely improve on is fully reading instructions while getting busy with a project. I did a full project but with data relevant to social justice and was not at all related to science. This set me back a little bit, but I was determined to correct myself. After exploring a few other topics, I landed on mental illness. This went great until I tried to express the data in a creative, metaphorical way. I struggled with this and switched topics again. The third time around I attempted researching about smoking. This was going great until I realized we only had to show one set of data and not multiple about one topic. Thus, I landed on my final topic. My project is on the leading causes of death. To portray my information, I made a bar graph comparing how many Americans died in 2019 due to that cause. Instead of bars, I used a symbol of some sort. I had six causes for death that I wanted to cover and put into a graph. Using the given resources, I found the information that I needed. Then, I found a way to creatively show this data. I realized that I could make a symbol/metaphor to show each cause. I decided that I could use certain preexisting symbols for a cause. For example, for cancer I had the ribbon which on one side extended to the point of the graph where the bar would have ended. As for a couple of the causes, I took an even more creative approach for how to display it. For suicide, I drew a little pile of pills leading to the point it needed to be, and for diabetes I did a little needle pointing to the end of where the bar would be. My final touch was the big skull drawing. This was my favourite thing to draw. The main reason I drew it to begin with was because I had so much space there and did not know what to do with it. It also occurred to me that I didn’t have a symbol for my topic and with some advice from a friend, I drew a skull and crossbones. It turned out better than I could have imagined and so from this I improved my skills as an artist.  When it comes to improvement, I believe that as I said earlier, I need to pay more attention to the instructions before going off and doing my own thing. Another thing that I could improve on is learning from my mistakes as I should have read the instructions properly the second time round as well.  In terms of critical thinking, I had to find data that was easily expressible and find a way to plot all the data. I believe that reading the instructions also relates to critical thinking since I have a criteria to meet for this project and I needed to be sure to find something that was good for me and met the criteria.  I could improve on this again by reading instructions and criteria fully so that I don’t need to try four times to get the right thing.  **I can develop criteria for evaluating design options:** This is true because while I was working on a layout, I knew I wanted to do a plot graph therefore the ‘bar’ design had to be narrow but long so that I could bring it down to the point it needed to be without it taking too much of the page.  **I can consider more than one way to proceed an investigation:** Since I had to do the project four times, I think it is clear that I can look at different ways of doing things. That aside, I also faced a challenge with figuring out what to do with the space where the skull and crossbones are now. I was originally going to move the title over there and write some big, fancy letters or something but then I asked a friend and he said a skull and crossbones would be super cool, so I did it.  **I can develop a body of creative work over time in an area I’m interested in or passionate about:** I am passionate about science in general and I am also passionate about art, so I relate to this in terms of my project. I believe that over time and once I figured out what I was doing for sure, I began to create something quite cool, and now something that I am proud of.  **I have deliberate strategies for quieting my conscious mind (e.g. walking away for a while, doing something relaxing, being deliberately playful) so that I can be more creative:** The fourth time around, I was quite a bit stressed. What took my mind off of the dataset was actually drawing the skull and crossbones for the project. It did not feel like school or an assignment. It made me feel happy and proud because I impressed myself. I also did take a few breaks over this. I put music on and relaxed for half an hour. Then of course I went back to work and got everything done. I also like to work with music on so it calms me while I am working. |
| [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)  X  **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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