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| **Name: Kevin Park** | **Date: December/14 2021** |

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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)  V  **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 lab project from chapter 4, 4.6, demonstrates my growth in the communication competency and the thinking competency.  In lab 4.6, we had to view wired and wireless NIC information using packet tracer. At first, I honestly lacked a lot of knowledge and concepts the lab required. However, communicating with my teacher helped me solve each step slowly. I have asked questions about the sections I didn’t understand, as well as filling the missing pieces of information I needed. Personally, it is a great opportunity to improve my communication skills by having conversations about computer-network-relating topics with people not just in school, but maybe in the future. Maybe I could develop my communication skills by socializing more with classmates.  Moreover, lab 4.6 has also helped me improve my strengths and growth in thinking competencies. Certain situations, I needed to critically think. For example, when I was working on this lab project at night, I’d often get stuck in a complicating section and to be able to solve each step, I would need to critically think of a way to solve this situation. To develop my thinking competencies, I could search for other options and other styles of how people overcame each situation. Then learn from those examples. |
| [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)  V  **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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