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| **Name: Kota Katsunuma** | **Date: October 12, 2018** |

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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.  a.Describe your learning style.  -My leaning style is Visual Auditory Learner.  What are some strategies you use to study when learning something new?  - I will use underline or highlight key ideas in my notes when I learn something new.  What is your strongest multiple intelligence, and do you think it is accurate with what you believe to be true in your life?  -I have visual intelligence higher than other intelligence.  How will knowing your learning style/strongest multiple intelligence help you in your future?  - I can analyze and solve the current situation.  Will knowing your strengths in learning help you develop new abilities and strengths to help you meet new challenges?  -I think it is useful. For example, useful information such as markers  It will be easier to find out, and it will be a test study.  b. Describe how you know learning is a life-long process and how who you are as a person will also change as you mature throughout your life journey.  -I think I am training until I go to school. For example, you can define the deadline of homework and learn the importance of keeping deadlines. Also, you can understand how much you learned in the exam.  Give an example of something you have been learning most of your life.  -I think communication with people is very important, that is what I learned in my life.  Give an example of something you learned and how it changed your self-perception.  -By sharing a lot of information with people, we deal with problems such as test.  c. What are your strengths? How can you use them to help/benefit you?  -My strength is visual intelligence. It helps Remember the way, and It helps to remember and study.  What are your weaknesses? How can you improve those weaknesses so they don't hold you back?  -My weakness is kinesthetic intelligence. I will work gym and club to move my body and improve my lack of exercise.  d. After analyzing aspects of my learning style, personality, interests, motivations, and knowledge base, describe how those specific strengths can help you to be a leader/positive role model in your community.  -I will take advantage of my life so far and take leadership to communicate as much as possible.  Which opportunities can you take to be a role model/leader in your school or community right now? (ex: volunteering at the seniors' centre, helping run a school club, etc.)  I will help with my homestay job. ( dish wash clean bathroom) |
| [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)  **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?** |

**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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