Core Competencies Self-Assessment

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C ☐

How does the artifact you selected demonstrate strengths & growth in the communication competency?

In what ways might you further develop your communication competency?

☐ x **T**

How does the artifact you selected demonstrate strengths & growth in the thinking competencies?

In what ways might you further develop your thinking competencies?

PS ☐

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?

In Italian 11, I completed a cooking tutorial video on Fettucine Alfredo. I enjoyed this assignment for many reasons; I'm a creative person by nature, and this assignment gave me a lot of freedom to showcase my skills. My creative ideas are often a form of self expression for me. I enjoyed learning about the origins of different dishes, how things are made and including my pets in the video. My biggest obstacle was probably the end product itself—I'm not much of a cook (prefer to bake) so it did not taste as well as I wanted it to. On the bright side, it did not taste as bad as it could have been. If I were to do it again, I would use a different recipe and make sure I had better quality ingredients. I can usually make my ideas work within the constraints of a given form, problem, or materials if I keep playing with them. I was already a strong creative thinker, but I had to rely on that more and adapt to challenges. So, I gained strength in that area.

#creativethinkingcc

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