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| **Name: Leige** | **Date: 12/7/21** |

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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.  For the past two week we have been learning about the electricity unit in Physics 11, we also have been reviewing and increasing our knowledge of circuits using the formulas provided, voltage, current and resistance of different circuits (in series and parallel). We learned how to apply the different circuits using the formulas, the most recent we have been doing are combination circuits (both series and parallel circuits are combined). We had an in-class assignment, we were given 1 complicated problem with multiple parts needed to be solved. We had the entire block to do it and we were able to work with other people to figure out the current and voltage through different parts of the circuit. I used critical thinking in order to figure out the formulas needed to be solved for current and voltage. I also needed to know how to apply the formulas for each step by breaking the circuits apart so that it’s much simpler to solve. The first thing we did was calculate the resistance, we broke it apart by series and parallel circuits, once we figured out the total resistance, we were able to use that information to figure out the current and voltage throughout the circuit. Overall, I consider this assignment to be successful since I did pretty good on it and with this type of assignment lots of critical thinking are demonstrated. |
| [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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