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| **Name: Liam** | **Date: October 30th 2019** |

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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.  During the process of writing and the product of my writing I demonstrated the communication, thinking critically, thinking creatively and personal awareness and responsibility core competencies. Demonstrating communication, I connected and engaged with others to share and develop ideas, I talked to other students in the class, siblings and parents about the essay and ideas on the essay. I also acquired, interpreted and presented information through the essay by researching information about certain topics and also gave a good representation of the story. Demonstrating critical thinking I analyzed and critiqued my writing, questioning myself on certain parts of the story. Next, I questioned and investigated, asking myself whether that is necessary in that part of the essay or questioning the language used to see if it is the most effective, I could use. Both of those also helped develop and design the essay and are the base of the essay itself. The next core competency was creative thinking, all essays require tones of creativity, and it is what helped me build the bases and fill the essay with the best ideas I could think of. The last one was personal awareness and responsibility. Essays are not my strong suit but with my self-determination I managed to finish it, it wasn’t easy for me, but I got it done. I showed my initiation when I started the essay from when it was assigned, not the night before it was due, and that was a positive choice for myself, leaving me with less stress altogether. |
| [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.**

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