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| Related image**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**My Italian cuisine project where I cooked spaghetti marinara shows some strong communication skills, as well as creative thinking skills. I enjoyed making this project more than most projects because with this one I was able to show my ability with editing as well as thinking of ways to make the finished product more entertaining than just a regular project that is usually made. A good example of a problem I solved was when, during the editing process I realized that a section of the video I had was accidentally not recorded. I knew that I could not just go back and record it, so I made the best of it by turning it into something humorous by adding stock images of onions being put into pans as I casually explained the issue in the video. It shows that I can create an issue into something that in my opinion made the video better than if it went well. It also showed my growth in communication skills because of how I was able to clear up an issue in a way that made the video more entertaining. If I were to change anything with this project I would have taken extra time to work on the origin and history of where the dish came from, as that was where I lost some marks and something I didn’t take much time to complete, so I would definitely redo that portion.  |
| Image result for core competencies BC**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**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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**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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3. **Use the Add Document button located at the top of your post page and embed your self-assessment at the bottom of your blog post.**
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