



Core Competencies Self-Assessment



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

In what ways might you further develop your communication competency?



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

In what ways might you further develop your thinking competencies?



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?

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.

The assignment that I chose for this reflection is one of the in-class skits we did back in February. It might not have been all that remarkable to anyone else, but the reason this assignment in particular came to mind is because it made me realize what I could be capable of. At the time, I was still new to learning Italian (I believe this was the 2nd skit we had done), so I had spent at least an hour writing the script (looking back on it now, it doesn't seem so impressive, but considering the level of Italian that I was at then, I'm still proud of it) and I was really nervous about presenting or forgetting all my lines. Presenting and public speaking is something that I still worry about and I think being in quarantine and doing online school has made me realize just how deep my fear of presenting in front of others goes. I had a short assignment that I had to present in my Science class and even reading a paragraph to a small group of students with all our cameras turned off made my heart pound and my head dizzy. But after presenting that skit, instead of just being relieved that it was over, I felt proud of myself. This is something that I continue to strive for with every assignment or project, that feeling of knowing I did my best even if it wasn't perfect. I wish that I had realized it at the time, but I'm glad I got a chance to reflect on this weakness of mine. Of course, being somewhat of a perfectionist and a hard-core procrastinator tends to set me back from time to time, I hope that during my years at high school, I'll be able to be proud of my best even if it wasn't perfect.