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| **Name: Megan Antosh** | **Book Bento Box**  |

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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**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 making of my Bento Box, I realized that communication played a big role in it. Asking many questions during this project, speaking with my group members from my Group Journal and even asking my friends to read over my work. All of this helped me with communication, it helped me to be more confident in asking others for help when needed and it helped me to have better communication skills with group members even if the project was an individual thing; my group helped with quotes for example, if I didn’t to the quote part for the Journal and I needed a quote, I could ask if they had any quotes I could read to see if It matched what I was writing about. I will try and further develop my communication skills when there are new projects, I will continue to ask questions and discus things with my peers.This project helped me with thinking skills a whole lot; it forced me to think outside of the box. For example, it forced me to think of symbols (whether the symbols were in the actual book or if it was metaphor) that I could add to the Bento. I had to think of ways I would organize my Bento Box and how I would organize my sentence structure so it would make as much sense as possible. My thinking skills improved when I was faced with confusing instructions, it falls with communication but, it helped me think of ways I could ask for help. I will always be thinking of new ways to further develop my thinking skills whether it be in Math, English, Social studies, I will always try and further develop my thinking skills. This may happen with future projects or even future homework.I had to have many responsibilities while doing this project, I had to manage my time correctly and plan out when I would do each question. It was very important that I got this done because I feel as though if I get my work done sooner, than I will have more free time to do the things I enjoy. My personal responsibility changed a lot since the start of this project, I learnt more about time management, and focus. During class time my strength in focus grew, focusing on this project instead of using my time on something else was a huge goal hit and I am proud of that. In the future, if I get more projects like this one, I hope to be as successful with my time management as this project. I will continue to develop my skills with future projects or even with future plans (like hanging out with a friend which is personal and social; you need to plan together and work together). |
| 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?** |

**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.**

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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