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| **Name:** Megan Antosh | **Date:** 02-21-2023 |

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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.   **One of the points of emphasis in the project was creative thinking. How well do you** **think you did in this area? What are some specific areas of your assignment that you feel are creative?**  I feel that with this project, I showed my creative thought process well considering the number of drawings, pictures, and flow in flow in script I had when recording. Considering my strengths and growth when doing this project, I think it helped me think more outside of the box because I was trying to be as original as possible when it came to the look of my video. The parts where I included animation stan out to me considering it is one of my first times doing animation. I dealt with my patience well while doing the animation.   **When you submit your video to the contest, how do you think it might stand out, compared to the other entries.**  I think that my video would be able to stand out well considering I added animation throughout my video. I am proud about the voice over as well and the ideas that I had to share throughout my video. A part I think I thought about well was the part where I said that art was a Universal language; this may help me to stand out.   **Why might creative thinking be important in your future endeavors, regardless of what that might look like?**  In my opinion, I feel that it would help well when problem solving. Not all problems need a logical solution and if it does require it; creatively thinking can help solve the problem from a different perspective. It was also help when doing speeches or being in a meeting. The creative ideas can help further improve whatever company or self-employment business you may be working with/on.  I am glad with the outcome of the video, although I do feel that I could have done better near the end, all together the video is satisfactory and pleasing to look at. I would further develop my thinking competencies when it comes to the formatting of the video. Throughout the creation of my video, I skipped many parts and went back to it after completing separate parts of the video. It slowly turned difficult to deal with considering the gaps in the editing that I had to fix afterwards. Developing my thinking skills about planning and organizing can fix this problem and make it easier to complete video editing projects in the future. |
| [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?** |

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