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| **Name: Narissa Gillani** | **Date: February 27 2020** |

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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 personal safety and injury prevention unit I used the core competencies of social responsibility. Social responsibility uses subtopics such as building relationships, valuing diversity, contributing to the community and solving problems. This unit is a very good example of this because we had to be able to express ourselves socially and learn about some of these topics. When using the core competencies, I used different actions and words to encourage other students by always putting myself in other’s shoes so I can see the problem through their perspective. When I am able to do this, it helps me to make other students feel better about the certain situation that they might be in. Another way I use this core competencies is through contribution towards this school. I contributed to Riverside in many ways. Firstly, through sports. As of right now I am on the basketball team and I plan on playing in the soccer and ultimate frisbee team here at riverside. Secondly, I contribute through clubs like the BC Childrens hospital club as well as joining move for mana next year. I started doing this by always wanting to contribute in some way within riverside.  |
| 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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