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| **Name: Narissa Gillani** | **Date: May 1st 2020** |

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| Related imageX**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.For my Spanish 9 core competency I choose to reflect on my Frequency Video Assignment. For this project we were required to pick 6 verbs and write a script describing what we were doing in the video. In this project I used the communication Core Competency in order to interpret and present certain information and actions I was doing within the video. When starting the process of creating this video, I had to gather information on the verbs I wanted to choose as well as sentences that should be in the script. In turn, I was able to acquire information from previous vocabularies and chapters so that I could create a well put together video. So, not only did it use my communication skills but also my creative thinking skills as well. I had to find interesting ways to present my information in a video format.  |
| Image result for core competencies BCX**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.**
	* **#creativethinkingcc**
	* **#communicationcc**
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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.**
4. **Publish**