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| **Name: Noah Marusenko** | **Date: June 1, 2020** |

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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)  X  **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.  Communication competency: This artefact demonstrates my growth in the commutation competency. This is because I had to communicate my ideas into a video project and still meet the required criteria. I tried a different technique and I used a voiceover for my video and that worked very nicely. I also had to communicate other information outside of the video in a write up where I explained the different types of energy used and transferred. Overall, I believe I did a very good job with communicating all the necessary information I had to. With this assignment, I can gather basic information I need for school tasks and for my own interests and present them in ways I have learned.  Thinking competencies: I believe this artefact also greatly demonstrates my growth I the thinking competencies as well as the communication competencies. This is because we are no longer at school and we had to critically think about how we wanted to present our information. Normally, this project is done in school, but we all had to do it individually and critically think about how to accomplish our task. It was more difficult to do at home because we had to look all over for supplies to use and so it was a lot tougher, but I got the job done. An example of how it became more difficult is that I don’t have a pully system at my house and so I had to think of other simple machines I could incorporate to fulfill the criteria. I found that after this project, I can better identify problems that I will occur and find solutions for what I need. |
| [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)  X  **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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