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| **Name: Olivia Lukasiewicz** | **Date: January 24, 2022** |

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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.  This work experience class has taught me a lot of important lessons that I will never forget. One thing that it gave me a sneak peek of was adult life.  There are so many adults that work long hours every day at a job that they don’t even like, just because they need the money and/or because they paid for the schooling and now feel stuck in this career for the rest of their lives. This is a sad reality that affects many people around us. Before this work experience, I was thinking about becoming a lawyer. I spent a lot of time thinking about it and I always had my friends and family saying that I should go into that career. The experiences I had while volunteering under Cadman Law taught me to really think critically about my future job. I got a bit of a taste of how a lawyers career life is, and it taught me that I really don’t want to become a lawyer. An experience like this is very valuable to me as now I won’t waste more time trying to take part in a career that I am not interested in.  I really feel that my thinking competency grew from this experience as now I am clearer on the things I like in a job, and the things I don’t like. |
| [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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