



Core Competencies Self-Assessment



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How does the artifact you selected demonstrate strengths & growth in the communication competency?

In what ways might you further develop your communication competency?



How does the artifact you selected demonstrate strengths & growth in the thinking competencies?

In what ways might you further develop your thinking competencies?



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?

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.

- How do you use words and actions to encourage other students who might be feeling a bit sad or discouraged?

To help someone who is sad or discouraged, you can be there for them, you can not make a joke about their situation, you can try to understand what they are going through, and you should not make their problems seem like they are nothing. You have lived a different life than them, what they see as a big deal you may not. The things you have experienced are going to shape your future decisions, you can not compare your perspective to anyone else's, if you want to help them.

- What do you do to help yourself when you are feeling a bit discouraged about your work?

I tend to re start if I am not confident with my work, but sometimes I just tell myself, "there is nothing more I can do. It is a good as it is going to be, I need to stop." Depends on the day, sometimes there is no time to change it so you just hand it in and hope for the best.

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.
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