Core Competencies Self-Assessment

Name: Rachel Smid | **Date:** February 08, 2019

C	☐

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

In what ways might you further develop your communication competency?

T	x

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

In what ways might you further develop your thinking competencies?

PS	☐

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.

During this activity I used critical thinking to help figure out how we could cut the banana to have the minimal amount of damage. We new that if we cut it in the center it would have more of an impact on the physical appearance of the banana, so I had to help find a proper solution to work around that.

I also used creative thinking to help my group use the "medical materials" provided put the banana back together, I ended up helping my group figure out that we could use tooth picks through the centre of the banana stem so all you would see were the cuts on the outside.

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
   - #criticalthinkingcc
   - #socialresponsibilitycc
   - #personalidentitycc
   - #personalawarenesscc
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**