



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?

Self-Reflection

Creating art and getting in the creative mindset can help oneself in many ways. While learning just what those ways are, I became aware of how this past quarter has helped me. The biggest way that art has helped me is probably mentally. This quarter was a peaceful one, and art was the main factor of that. I was able to just focus on one thing and express myself in the things I was making, which is very calming for me.

Creating art has also affected me emotionally. On work that I have created and become proud of, I have a feeling of happiness. As time progressed and I started getting better in this course, I noticed that my self confidence had improved. I became surer of what I could do when given a project, and I felt more comfortable experimenting past my known skill.



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?

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.

- Categories - Self-Assessment
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