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| **Name: Renchie De Castro** | **Date: le 24 février 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)  **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.  1. Honestly, I feel like I could have done better but one element I like in my project was all of the different photos and not the same one, one thing I could do better is my vocabulary and me in the video doing a skit instead all putting random photos. I kind of made it last minute so I didn’t really do that good but next time I cause my time wisely and work on it when I’m free instead of playing video games.  2. I came up with my ideas from observations from one of my friend, he inspired me to choose the theme because every time I hear or see the word lazy it reminds me of him, it reminds me of him because he’s probably the laziest person I know, every time I want to hangout he mostly responds that he’s lazy even though he leaves like 5 houses away from me.  3. What I do when I can’t think of ideas, I usually think about things that I’m thinking about like if I’m thinking about ice cream maybe that’s what I want to talk about, for video games when I can’t think of a username I usually look around of where I am and try to think of names or ideas. When I’m in the mood in making a song or lyrics I think about things I like to talk about or something I like doing. |
| [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)  **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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