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| **Name: Renchie De Castro** | **Date: 02/16/2021** |

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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.  **Why is it important to have a strong sense of identity (who you are) in life?**  It’s good to have a strong identity in life because it’s good to what you like, like if you have a passion for sports and you know you do you can take it more serious and maybe someday be a good player, and it’s also not what you like it’s about it’s about what your good at or knowing your strengths, because if you don’t know your strengths how you would know about the things your good at. It’s also a good thing to know about your identity or who you are because you’ll never know what’s going to happen in the future.  **How will your identity be shaped by your future choices? Try to give a couple of specific examples.**  Your identity will shape you in the future because for example what if you wanted to be a doctor but most of your strengths is about being a police officer, maybe you’ll be a police officer instead of a doctor. It’s also not about what your job you want, it could also be about relationships like who you still going to be friends with or if you want to get married or not. It depends on what you do in your teen years because if you’re also going to parties or doing drugs or skipping classes you might not get nowhere in life, but if you stay in school and focus about the good things and the get a good job in the future, you’ll for sure have a good future. |
| [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)  x  **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.**

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