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| **Name:** | **Date:** |

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| Related image**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."Positive personal and Cultural Identity" could be the best one that applies because the story is about personal values and choice. It's showing that I have own value even though I am not Canadian and different from other people. Also, I show that choice is important to our life. Even though I had many thoughts and doubts, I could make a firm decision on my own. Those choices are sometimes difficult, but I tried and made it. While writing the essay, I looked back and realized how much I have been struggling, working hard, and having a hard time, but at the same time, I learned that I am growing. In the past, I would have been afraid of everything and would have tried to hide myself as a matter of course, but now I am firmly aware of who I am and can look forward. I have realized something about myself that I didn't know before. |
| Image result for core competencies BC**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**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.**

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**