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| **Name: Sabrina Sharifzada** | **Date: November 27, 2017** |

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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**  **Questions:**  Why was this activity so hard? How can it be improved for next year?  Do you think this is an effective way to express who you are as a person? Why?  When I get upset/nervous/freaked out to present, I…  **Response:**  I did my spoken word on “Struggles of Being in an Afghan Household”. I explained the things I dislike. For example, I talked about how we had to be on time, get good grades and so on. The hardest part for me was figuring out my topic. During the summer, I brainstormed some topics for spoken word that I will probably use for next year. The other reason it was hard was because I had my spoken word presentation and my math midterm on the same day. That made it very hard for me to practice and perfect my rant because I had to balance studying with practicing. For next year, I will hope that my spoken word and midterm won’t fall on the same week, so that I can practice more. When I get nervous to present, I usually shake and talk fast. I think that this is an effective way to express and show who you are as a person. If something makes you mad you can create a rant and you can do a slam poem if you want the audience to feel the situation by using imagery and figurative language. |
| [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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