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| **Name: Sabrina Sharifzada** | **Date: March 16, 2018** |

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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.For this reflection I chose to use Communication to do my reflection on. During the First Aid lesson one way that helped me follow along and make sure that I listen always was by filling in the worksheet provided with the lessons. During First aid it is very important that you communicate with people in an actual scenario. As a first aider you need to communicate with the casualty. For example, you need to reassure them, ask how they are feeling, if they feel any pain, etc.… In a situation where someone is in shock, you need to tell them the truth and make sure to use a calm voice as you are performing first aid. When we were filming our first aid video to show our learning, we had to communicate with one another and give each other ideas. As a group we had to decide what we had to do and how we were going to present it.  |
| 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?** |

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**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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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.**
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