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| **Name: Sahar Ansari** | **Date: 2020/10/13** |

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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)  x  **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.  How did you come up with creative ideas? Did you get “stuck?” What did you do to get “un-stuck?”  I came up with creative ideas just by remembering some of the clips from Keeping Up with the Kardashians and how they related to me, most of the creative ideas came from the fact that I argue with my sisters a lot and that if I was able to show that on television (video) I think people would find it funny. Some of the moments where I felt stuck was when I wanted to go to the “Welcome to Port Coquitlam” sign and I felt too nervous to stand there while cars passed by, so, instead I chose to go to Gates Park which is an important part of Port Coquitlam to film a part of my video. Another part I felt stuck was when I couldn’t write the subtitles on imovie because it wouldn’t fit in with the video, to get un-stuck from that situation I communicated with some friends to find out what app they had used for subtitles so I could use it as well.  What was it like trying to express your thoughts in a second language? What did you have to do differently to communicate?  Expressing my thoughts in a second language was easy because I was able to connect the different parts of French, I had learned in class to create simple sentences which is what Mr. Mackenzie initially wanted instead of complex sentences. Some things that were hard and I had to do differently were that I usually have way to many things to say and I go in too much detail, however do to the fact that I didn’t understand French fully I had to create simpler sentences, with less detail that provided the same information. |
| [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?** |

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