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| **Name: Sam R** | **Date: Oct. 21, 2019** |

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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.  Recently I have completed a multi-page experiment project in Science 9 that has made me use a couple of the different core competencies. I’m going to be focusing on communication because I feel that this is the biggest core competency that my project had me use. In my experiment, me and my partner had to use communication to be able to complete our project. The first time we had to use communication was when we had to decide what to bring to school in order to start our experiment. Throughout this three week project we had to communicate to each other multiple times so we got each other’s number and texted each other to work on our project. This was really good practice for communicating because throughout high school, university, and once we get a job, we are going to have to use our communication skills to do well in life. Anything humans do involves some sort of communication, whether its texting, talking on the phone, or face to face. Everybody in their lives have to use communication on a day-to-day basis. My project was just a start to working with others, listening, and communicating. One of the struggles I had with communicating to my partner was sometimes we didn’t have the same ideas. This created a complication as we couldn’t both write completely different things because it was a partner project, both of our reports should look similar. We ended up getting around these by compensating. We took the best/most reasonable parts out of both of our ideas and used them. Not only did this get rid of our argument but it also made our project even better, bringing different views to our reports. This is also good practice for communication because when humans communicate, there is always the chance that we are going to argue or disagree on ideas. Learning how to compensate is just a way to get past our differences in opinions and bring all ideas together. All in all this experiment project was a success in both project itself and practice communication skills. Even once we were all done, we had to communicate it to the world of science and publish our report in an Edublog post. Partner projects definitely help develop and build communication skills |
| [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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**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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