



# Core Competencies Self-Assessment



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Date: March. 12<sup>th</sup>, 2021



How does the artifact you selected demonstrate strengths & growth in the communication competency?

In what ways might you further develop your communication competency?

The labs that I did during chemistry 12 demonstrates my strengths and growth in the critical thinking competency. When doing the lab, unlike lessons, I had to conduct the experiment and make my own conclusions depending on my data. That required a lot of analyzing, questioning and observing which are all a part of the critical thinking competency.

For example, in an equilibrium lab if a solution turned green when the temperature was risen, using theory that I learnt I needed to decide where the energy term would be placed and what direct of the reaction would be exothermic/endothermic. These are all conclusions that I made using the critical thinking competency by observing, analyzing, questioning and making decisions.



How does the artifact you selected demonstrate strengths & growth in the thinking competencies?

In what ways might you further develop your thinking competencies?

So all the labs that I did in chemistry 12 definitely demonstrated my strengths and growth in the critical thinking competency since I got a good grade for all the labs, which proves that critical thinking is my strength and that I improve in that competency.



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?

To further develop my critical thinking competency, I will continue practicing this competency during labs for chemistry and physics. I will also continue to analyze and question myself not only during subjects like chemistry and physics but also open-ended subjects like English, which I will be doing during the next quarter.