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| **Name: Stella M** | **Date: November 8th 2022** |

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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.   1. How have you changed/grown from a Chemistry 11 student into a Chemistry 12 student? (Please focus on only 1 or 2 core competencies here)   I believe I have developed my creative thinking and I have furthered my understanding of how to apply my knowledge to new scenarios. This year, I found it challenging to understand concepts and the theory aspect of chemistry, although with hard work, I have developed my ability to solve questions I find more difficult or unfamiliar by applying my knowledge from previous lessons. I believe I have also worked on my communication. I discuss confusing topics with my peers and collaborate with others during labs to better understand the process and calculations. I also have recently started to ask more questions in class and outside of class, which has improved my understanding of different chemistry topics so much.   1. What have you found challenging in Chemistry 12 so far? Please be specific   Encountering questions that are new to me and understanding the theory behind chemistry as well as asking enough questions. Through the units, there were questions on the tests which I didn’t understand that well because they weren’t on the review, so I needed to use creative thinking to decide how to solve them. I enjoy math, although the theory aspect of chemistry has been challenging. Sometimes it was difficult to grasp concepts, especially when we started learning about things like equilibrium and potential energy graphs. I had to learn to ask more questions and explore different learning and studying strategies.   1. What are you already doing to overcome these challenges and what do you need to change to overcome these challenges? (Create a plan and reference core competencies where applicable)   I have made an effort to begin studying earlier and I have learned to ask more questions. For the last test, I made sure to do the review twice and focus my studying on the things I struggle with. I made sure to ask questions about parts of the unit that confused and before the test I also asked plenty of questions about the review. I found that asking questions before the test has been so beneficial. I plan to keep working on my communication skills by asking questions and collaborating with peers with learning a new concept. I also plan to ensure I sleep more the night before the test to avoid making silly errors on the exam.   1. Thinking beyond Chemistry 12, what skills have you learned/improved in this class that will be helpful in your future post-secondary/career/family life? (again try to focus on only 1 or 2 core competencies here)   After my first test, I realized the way I studied was not correct. After the second test, I became more aware of the specific things I was doing wrong such as hesitating to ask questions and not getting enough sleep. I developed my critical thinking skill by doing this, analyzing my errors and studying techniques. I developed my communication skill by asking more questions and talking to my peers and challenging questions. Analyzing my mistakes and past strategy when doing anything in life will be beneficial in the future, since this way I can learn from the past. By doing so, I am able to make a plan for how to improve and work on my weaknesses. Developing my communication skills and asking more questions will benefit me later in life when I am unsure about something because I will be more confident and prepared to ask questions and better understand the task I have to do or a concept. |
| [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)  X  **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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