



# Core Competencies Self-Assessment



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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.

I believe I have grown within the Personal and Social Responsibility competency throughout this semester. I have created personal goals I want to meet within Chemistry 12 by the end of the semester. An artifact that represents my growth within the Social Responsibility competency would be my Solubility lab or my Le Chatelier lab. Within both labs I communicated, helped, and collaborated with my group mates to find an answer to our problem. I helped by gathering items to set up the lab, helping my group mates understand the given data as well as what needs to happen in order for us to solve it, and working together with my peers to calculate a suitable answer. Both of these labs demonstrate this collaboration I have been working on throughout my highschool years. At the beginning of highschool I was not very friendly and had major trouble doing labs like this, but now as a grade 12 I can safely say that I can communicate and actually have fun doing labs like this.



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

In what ways might you further develop your thinking competencies?



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?

## Publish Your Self Assessment

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.

- Categories - Self-Assessment
- 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.
  - #creativethinkingcc
  - #communicationcc
  - #criticalthinkingcc
  - #socialresponsibilitycc
  - #personalidentitycc
  - #personalawarenesscc
- Use the [Add Document](#) button located at the top of your post page and embed your self-assessment at the bottom of your blog post.
- Publish