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| **Name: Thea Erickson** | **Date: January 22, 2020** |

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| Related image**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.The Womanomics assignment that I had in Economics Theory was where we read an article talking about the low birth rate in Japan, and we had to act as a person from the ministry of a certain area, and come up with a solution to promote woman in Japan to have more children. This helped me to improve my critical thinking skills because I had to go over the article that we were given, and come up with a solution that had not been thought of yet, and this challenged me to put more thought into creating a unique solution that is realistic enough that it could actually work. |
| Image result for core competencies BC**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**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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