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| **Name: Yashar Rohani** | **Date: le 24 février 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.1. What creative elements in your project are you proud of?I really liked my way visual skits for how you would use the expressions because it gives my video humor and it’s easy to understand. I also liked the pictures in my video because they weren’t taken from the internet and onto my video, I actually made the images with my skills in editing (which aren’t that great) and made what I thought were the best representations of my expressions. I’m a creative thinker so when I want to make pictures for a project I’ll try to do the first case scenario picture I have in mind because I know that I will be able to do it and that’s exactly what ended up happening in this video’s pictures, I had an idea of what I wanted and I made exactly that.2. How did you come up with your ideas? What inspired you?As someone who finds most of the things he does in school or in life easy I tend to be very cocky, which isn’t the best thing because you can easily be caught off guard with things if you are so, but I thought it would be nice if I gave expressions for how someone like me could show off their skills when they are being cocky and also how others would perceive them so they know they aren’t the best. Cockiness isn’t a trait people should have because it can and will mess you up in the future so, in a sense, I kind of wanted to make a video about people that are cocky and how they feel about themselves so that I could see how I look when I act when I’m cocky or do something that looks cocky.3. What do you do when you are “stuck” for ideas?After I’ve thought of some things and they either haven’t worked out or I need more, I tend to brainstorm hundreds of ideas to try and come up with something that will work. I will start with the topic or main idea of what I want to work on then I will go from there. I like to ask for help as well because if I can’t use my brain to think of an idea, I’m sure I have a friend willing to use theirs’s to help. I’m not one to lose or not think of ideas because I would say that I’m a creative person. If I ever need to think of something, I’m normally able to do it on the spot but if it’s for something in front of other people, like in front of a class I’ll easily forget every basic idea in mind. |
| Image result for core competencies BCX**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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