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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)  **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 can explain my learning style**. It is kinesthetic and this means I prefer to learn by touching and doing. Basically, during a day, I am not good at following instructions of a person or watching a person to make a demonstration, usually forget whole process when they finished example, so doing things by myself is always the best way for me to learn because of this, I think I will adopt a hands-on approach before learning all new things in the future, which can greatly improve my work efficiency and effectiveness. **I understand that learning is continuous, and my concept of self and identity will continue to evolve.** In China, my elders told me a motto “never stop learning”. Wherever you are in life, you will benefit a lot from learning new knowledge. Taking myself as an example, I started learning basketball four years ago. This sport is not only exercised my physical qualities, but also brought me friendship. At that time, my challenge was how to make new friends and learn how to play basketball, which helped me solve this problem perfectly. **I can describe my individual characteristics.** First of all, my characteristics is INFJ, which stands for introverted, intuitive, feelings and judging. Personally, I think these adjectives are more representative of myself. I am usually a very introverted person who does not like to communicate with others and is not good at communicating. I can be a good listener in a crowd, but I am definitely not the one who is surrounded by everyone. In this way, I can better focus my limited energy on doing my own things to ensure the quality of work. In my opinion, my intuition is a weakness of mine because in my daily life I tend to follow my heart and make decisions without thinking. In the future, I will often ask myself what is the purpose and significance of your decision to make sure that you do not do something wrong for lack of reflection. **I can reflect on my strengths and identify my potential as a leader in my community.** From my learning style, personality, interests, motivations, and knowledge base specific strengths helped myself to learn so many things I never learn before. Since I have been lived in Canada for 2 months to study abroad and lived far away from home. It taught me a lot of thing I never know before. I knew learning and living style of local students, more mature and independent to someone like everything I do it by myself. Besides that, I signed up for Basketball Club in Riverside, it helped me have more friends in school from many countries, we have different culture though but we still connect and create an amazing memory together. Also, I am not good at communicate or stand to speak in front of people but teacher always support students to come up with creative idea ,thought to show off with everyone because they think each person have different idea and opinion that is why it makes myself more confidence right now to speak up my idea in class. I believe that I can be a good leader because I always have my own opinions and I am willing to listen to others to correct my mistakes or make up for my shortcomings |
| [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)  **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)  X  **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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