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| **Name: River Qi** | **Date: June 11 2019** |

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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. **I can take some responsibility for my physical and emotional well-being.** After coming to Canada, I found it important to take responsibility for my own well-being both physically and mentally, because no one would help me if I miss my class or miss something important due to the sickness or other problems I have. I realized that my family was not with me and I need to take care of myself. To keep me being healthy, I have medicine on time whenever I feel I have the symptoms of having a cold of the flu; I talk to my mom and my close friends about the things I feel struggle with in order to keep my mind healthy and not being stuck with too much stress. I think it’s helpful for me to leave my parents at such a young age because I learned how to deal with stress and how to be mentally healthy when I don’t feel well physically at such a early age. It would definitely help me a lot when I go to workplace in the future.  **I am aware of how others may feel and take steps to help them feel included.** When I volunteered at Port Moody Arts Center, I learned gradually about hoe to get along with children and get them all involved when I feel that they’re lonely during the birthday parties they had. I felt that it was easy for me to understand how other feels because I’m good at treating thing from other perspectives. So, when I apply for a job in the future, I can write something like “easy to understand people and good at having empathy” in my resume, I think it’ll be really helpful for me to find a decent job and create peaceful and satisfying relationship with my co-workers to have this skill.  |
| 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 imageX**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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**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.**

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2. **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.**
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