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

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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 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](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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**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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