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| **Name: Yosei Ishida** | **Date: Dec/ 11th Friday** |

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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.** My learning style was visual kinetic. When I learn something new, I usually watch a video that describes what I want to learn. My strongest multiple intelligence is musical, and I think it is accurate with what I believe to be true in my life. Because I have been exposed to music since I was a child through the piano. Knowing my learning style / strongest multiple intelligence will help to look for my job in the future. Because I want a job where I can use my intelligence. Knowing my strengths in learning will help me develop new abilities and strengths to help meet new challenges. Because life is a continuous learning process. I learn something new every day, and I grow every year. Knowing my strengths in learning style helps me to increase the efficiency of growth. The more I can learn, the more I can grow.  **I understand that learning is continuous, and my concept of self and identity will continue to evolve.**  I notice something every day in my life. Especially for me, I’m living in Canada which is not my home country. Every day is discovering. For instance, Canadians don’t often use umbrellas. I want to be a person who values the small discoveries of each day and can grow every day. I also admire people who can continue their efforts. I also would like to become a person who can do what I have to do without neglecting small efforts. I’ve met a lot of entrepreneurs in my life. One of them was a grade 8 child who ran a company. The one thing all had in common was that they did not see effort as effort. Once I realized that I was able to continue my efforts. I still think of it as an effort, but now I can make a habit of the effort, which I had not been able to do before. Recently, I have been learning English words and doing muscle training every day. |
| [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)  **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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