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| **Name: Zobaida Sharifzada** | **Date: December 11, 2020** |

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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 is visual, kinesthetic, and auditory. I learn best when I look at diagrams, read, listen, and do work. I like to take breaks in between my work so I can focus better. I’ll get too tired if I work too long without short breaks. I work best for long periods of time (2-3hrs) when I am listening to quiet piano music. I also work best when it is quiet, but I’ll then get a little tired and will have to take short breaks (pomodoro method, 25 mins work, 5 mins break).  **I understand that learning is continuous, and my concept of self and identity will continue to evolve:**  Learning is something we continue to do throughout our whole lifetime and there is always room for growth and improvement. Everyday we learn something new and our teenage years are a time where we learn the most to prepare ourselves for the adult world. Something that I have been learning most of my life was how to improve in my hard skills (doing schoolwork, etc.) as well as in my teenage years I have been learning a lot about my soft skills (communication skills).  **I can identify/describe/express my individual characteristics, attributes, and skills:**  I am friendly, honest, funny, an extrovert, a procrastinator. The skills that I am most good at are planning (schedules, goals, to-do list), imagining (planning), and organizing (planning, tidy area). I can use these skills that I am most good at for work, school, home and all of these skills I listed are connected to planning which is really important because to achieve many things in life we always have to make a plan.  34 - words bolded  250 - reflection words |
| [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?** |

**Publish Your Self Assessment**

**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.**

1. **Categories - Self-Assessment**
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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