



Communication

In my _____ class, we did this / these activities _____ that helped me develop my communication skills.

This table shows some aspects of communication. After reading the description, write down your strengths and your areas for further growth. If you didn't address an aspect, you don't need to fill those spaces in.

	My Growth Areas	Description of Competence	My Strengths
Connect & Engage with others		Engage in informal and structured conversations to listen, contribute, develop understanding and relationships; learn to consider different perspectives; learn to build consensus	
Acquire, Interpret & Present information		Inquire into topics of interest and topics related to school studies; present for many purposes to a variety of audiences; uses media & technology	
Collaborate		Work with others to accomplish goals (face to face or using digital media) examples: solve a problem, conduct an inquiry, plan a performance, etc.	
Explain & Reflect		Tell others about your own experiences, including what was learned; reflect on learning including how it connects to my experiences and efforts.	

Now you can use what you have reflected upon here to write your competency reflection as an EduBlog post: Go to your Edublog, open the Core Competencies tab, start a new post using the Self-Assessment template.

Adapted from:
BC Ministry of Education (2019) Social Responsibility. Retrieved from
<https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/CommunicationCompetencyProfiles.pdf>