



Minimum 250 words

# Core Competencies Self-Assessment



Name:

Date:



How does the artifact you selected demonstrate strengths & growth in the communication competency?

In what ways might you further develop your communication competency?



How does the artifact you selected demonstrate strengths & growth in the thinking competencies?

In what ways might you further develop your thinking competencies?



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?

## 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.

The mock interview project has improved my skills in the 'communication' core competency. Previously, I was uncomfortable speaking with unfamiliar adults, even in a safe environment or with people that I have been assured are friendly. The interview forced me out of my comfort zone, but in doing so gave me confidence to do something like this again. The activity also helped me to improve my skills in answering questions that I did not necessarily expect. This skill is, in turn, useful in other aspects of my life - after all, all of life is improvised. However, while the interview improved my verbal communication skills, that was not the only aspect of the project which helped me. In writing my résumé and cover letter, I worked on my written communication skills. When writing my résumé I had to work on stating things simply and concisely. My initial inclination was to use fancy words, and to make statements in a roundabout way. When writing my cover letter, in addition to the issues that I just mentioned with regards to my résumé, I had a few grammatical errors. Finally, learning the proper behaviours for interviews, such as handshakes, eye contact, and use of the interviewer's name, also aided in my progress in communication. These skills are neither written nor verbal, and I do not know what the proper term for them is, but they will be useful for getting a real job in the future. So, for the reasons mentioned above, this was a very useful exercise.

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## 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.

- Categories - Self-Assessment
- 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.
  - #creativethinkingcc
  - #communicationcc
  - #criticalthinkingcc
  - #socialresponsibilitycc
  - #personalidentitycc
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- Use the Add Document button located at the top of your post page and embed your self-assessment at the bottom of your blog post.
- Publish