



# Core Competencies Self-Assessment



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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.

Every activity that we did (soccer, pickleball, volleyball etc.) connects to communication and social responsibility. While we play sports that need partners or teams, we communicate and cooperate. The activities helped to build relationships with friends in our class. Also, we encouraged each other when a team member made a mistake. When we had opposite ideas and opinions, we solved the problem in peaceful way. In addition, the fitness test connects to positive personal and cultural identity. It influenced me a lot. It affected to my personal strengths and abilities. Before this class, I did not have good physical strength and I tend to get tired easily. I did not have good abilities and I usually did not have tenacity to everything. I did not think that I can develop my fitness. But after the first fitness test, I wanted to develop myself and make a good result of the second fitness test. Therefore, I exercised at home and took the class hard at school, and as a result, I got pretty good outcomes. This proved that I could get good grades if I work hard with perseverance and passion. With this activity, I could develop my mental strengths and physical abilities. Lastly, we learned resilience and addiction, and these connect to personal awareness and responsibility. By learning about addiction, I noticed how can something influence me if I am addicted with it and by learning about the resilience, I reflected how I get back up when I knocked down. It made me to think about how to be well-being. It developed my self-awareness.

## 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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