



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.

My Floor Exercises routine demonstrates strengths and growth in the communication, creative thinking and critical thinking competencies. I supported and encouraged my classmates, presented my ideas, took on a role and responsibilities in my group, and acted on feedback. I experimented with different balances, rolls and jumps, adjusted my actions to achieve what I wanted and made choices that helped create my intended impact on the audience. I got ideas by playing, built on others' ideas, and built the skills to make my ideas work. I learned new things about floor exercises and group assignments, and I will use this new knowledge for future assignments.

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.
 - #creativethinkingcc
 - #communicationcc
 - #criticalthinkingcc
 - #socialresponsibilitycc
 - #personalidentitycc
 - #personalawarenesscc
3. 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.
4. Publish