



# Core Competencies Self-Assessment



Name: Fanny Barakaeva

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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.

How do you show that you are listening thoughtfully?

For this project, we were in groups of 2-3, and we needed to find a way to create better energy sources. It was crucial that we listened to one another, because each member of our group usually had plenty of ideas, and we needed to listen to one another to understand each idea fully.

To really show that I was listening, I asked each of my group members to pause after each idea, so that we each could write it down, then discuss it, so that we wouldn't rush and to make sure that everyone knew what the idea was.

Another strategy we did was looking at the pros and the cons of the idea, just to hear everyone's opinion, and also because often we didn't immediately realize that perhaps the idea wasn't so great or perhaps there was more to the idea than we thought.

Another strategy was to research the idea, just to see if someone had done it before. If someone had done it before, then we could easily see what they had done and try to not duplicate, but use their ideas and convert them into our own, or to just brainstorm for our idea, since seeing all the other ideas that others had done before was sometimes inspiring.

## 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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