



Core Competencies Self-Assessment



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 <input checked="" type="checkbox"/> How does the artifact you selected demonstrate strengths & growth in the communication competency? In what ways might you further develop your communication competency?	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 demonstrate that you work well in a group? In our Health Class, we did a lot of discussion not only with the whole class but also in little desk groups. In these groups, it was a lot easier to communicate our ideas because we felt like we were being listened to a lot more. However, I still had to challenge myself and sometimes be the listener and not the talker. I am one of the people that likes to take charge, and talk more about my ideas rather than listening to other's ideas. I noticed that if I let others talk sometimes more than me, I would actually learn a lot more and I was able to let others feel more included in the conversation. Often, if someone is left out in the conversation, they miss the learning concept. What does fair look like and how do you make that happen? As I have already said, it is usually very hard for me to keep my ideas to myself and let others speak, because I have strong opinions in general and it is hard for me to agree with everyone. To me, being fair in a group discussion is when everyone feels like they have said exactly what they wanted, not too little, not too much. There are some people that would prefer to just take notes and listen rather than having to force them to speak. And, there are some people that would rather talk than listen. If I want to be fair to others, I try to ask them if there is anything else they would like to change or add. If there isn't, that means that they feel as if they have said enough, which means that I can keep sharing my ideas.
 <input type="checkbox"/> How does the artifact you selected demonstrate strengths & growth in the thinking competencies? In what ways might you further develop your thinking competencies?	
 <input type="checkbox"/> 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?	

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
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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