Core Competencies Self-Assessment

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C ☐ 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. ITM 12 or Introduction to Linux is a self paced course that must be completed by the end of the school year. Because it is self paced it is hard to keep track with all other classes that are schedule based. Because of this i was challenged on my self determination skills. In the beginning before the virus hit, i was on a good pace, but when all the classes went Online i started losing track of where i was in this course. Since my realization i have started setting up a schedule for me to stick to. Some other ways i can improve upon this skills is to keep a daily count of my tasks, make sure to ask the teacher when i have free time and to focus on the task at hand and not get distracted by other classes and the things around me. In conclusion this course has challenged me in my self determination skills, this proved to me that i get easily distracted by other things in my life. Upon realization i have a sticky note stuck to my wall showing ever task that i have for today and the next days to come.
T ☐ How does the artifact you selected demonstrate strengths & growth in the thinking competencies? In what ways might you further develop your thinking competencies?	
PS ☑ 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?	

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1. **Categories - Self-Assessment**
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