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| Image result for heritage woods secondary  |
| **Name:**  | **Date:**  |

**Introduction:**

Discuss (in a minimum of four to five sentences) the ways you improved, as a learner, over the course of your grade nine year. Refer to one or more of the core competencies and ensure that you bold them in your response.

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**Communication**

• Sharing ideas and showing your learning

• Learning new programs and apps

**Critical Thinking**

****• Making reasoned and ethical judgements

• Assessing sources of information

**Creative Thinking**

• Creating new ideas, inventions, pieces of art, or other creative artifacts

**Positive Personal and Cultural Identity**

• Learning about yourself, your family, your culture or heritage

**Personal Awareness and Responsibility**

• Managing stress / Regulating emotions

• Setting goals

• Organizing your life

• Staying healthy and active

• Respecting your own rights and the rights of others

**Social Responsibility**

• Contributing to the well-being of your family, community, society, or environment

• Understanding other people’s perspectives

• Creating and maintaining healthy relationships

**Evidence:**

Select one or more assignments from your blog – where you should already have added a reflection based around the core competencies – and complete the questions below. You can copy and paste content from your blog.

**Assignment Name**:

**Description of the Assignment**:

**Core Competency Reflection**: