

Crunch It!

Reflecting on Core Competency Evidence in Spaces

Step 1: Check It

GOAL: Here you will revisit evidence that you collected during the Grab It Process.

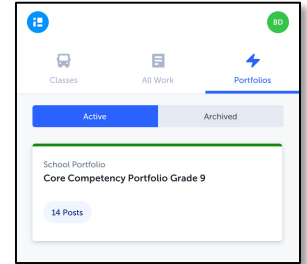
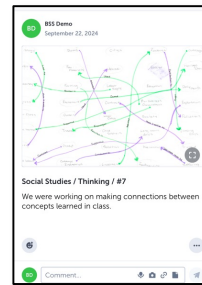
Log into your Spaces account and go into your Core Competency Grade ____ portfolio.

Look though the posts and choose one to reflect on.

Choose the post that has the MOST MEANING to you.

You will be looking for what evidence:

- Makes you curious and want to learn more
- Shows you something about yourself that surprises you
- Makes you re-think an assumption or idea you hold



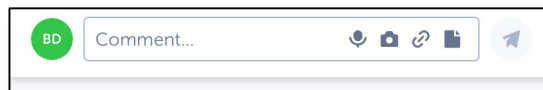
Step 2: Explain It

GOAL: Here you will explain WHY you chose this post.

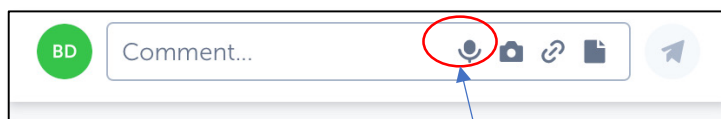
You can use the following prompts to help you:

- I chose this POST because I noticed _____.
- Why is the POST meaningful to you? What does it show you about yourself? What is a question or thought you are left with?

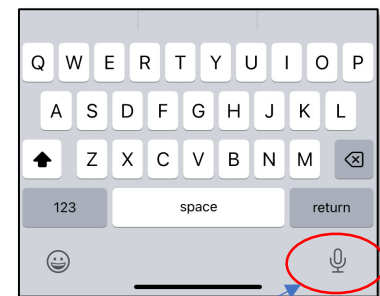
On the post you have selected to comment on, click on the the comment box at the bottom.



Add your reflection. You can type it or use accessibility features such as voice to text or audio recording to help.



This will allow you to record your reflection as an audio file.



You can use the microphone feature on your device's keyboard to do voice to text.

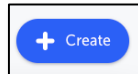
Crunch It!

Reflecting on Core Competency Evidence in Spaces

Step 3 : Connect It

GOAL: Now you will reflect on one of the Core Competencies.

You will create a REFLECTION about all the opportunities you have had to work on your **Thinking** or **Personal & Social Competency**.



In your Spaces portfolio, click on the blue create button on the bottom right.

In the Title Box, put the competency you are reflecting on as well as the date.

Thinking Reflection October 2024
Core Competency month and year

In the post description box, you will do your reflection, using the following prompts to guide you.

- As I looked through my evidence, I noticed my strengths are _____. I know this because _____. In the future I can get better at _____. To do this I will focus on _____.
- While learning about the Core Competencies, identify a learning experience that has had an impact on you. Why was this specific experience important to you?
- Describe a key area you want to work on and develop in? Explain why this area is important to you.

Thinking Reflection October 2024

As I looked through my evidence, I noticed my strengths are writing things out. I know this because I have lots of writing. In the future, I can get better at expanding on my ideas.

When you are finished, scroll down to the bottom of the screen.

- 1) Tap on the Select Section arrow.
- 2) Choose the Crunch It Reflection Section.
- 3) Then tap the blue check mark at the top right.
- 4) Tap the blue check at the top left again to post it.

