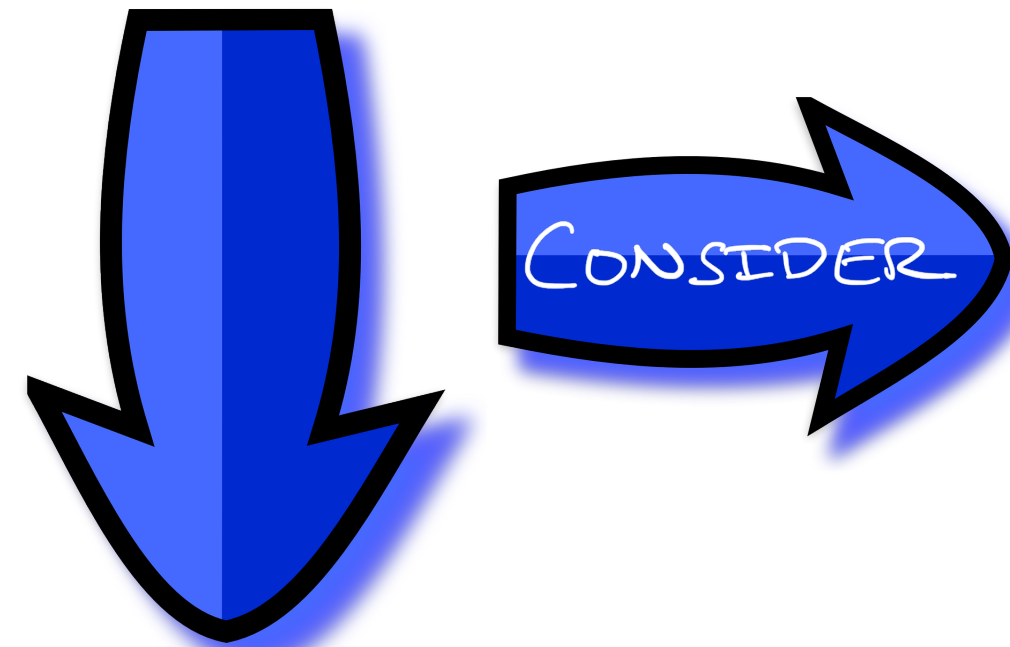


# CRUNCH IT

## (Core Competency Reflection)



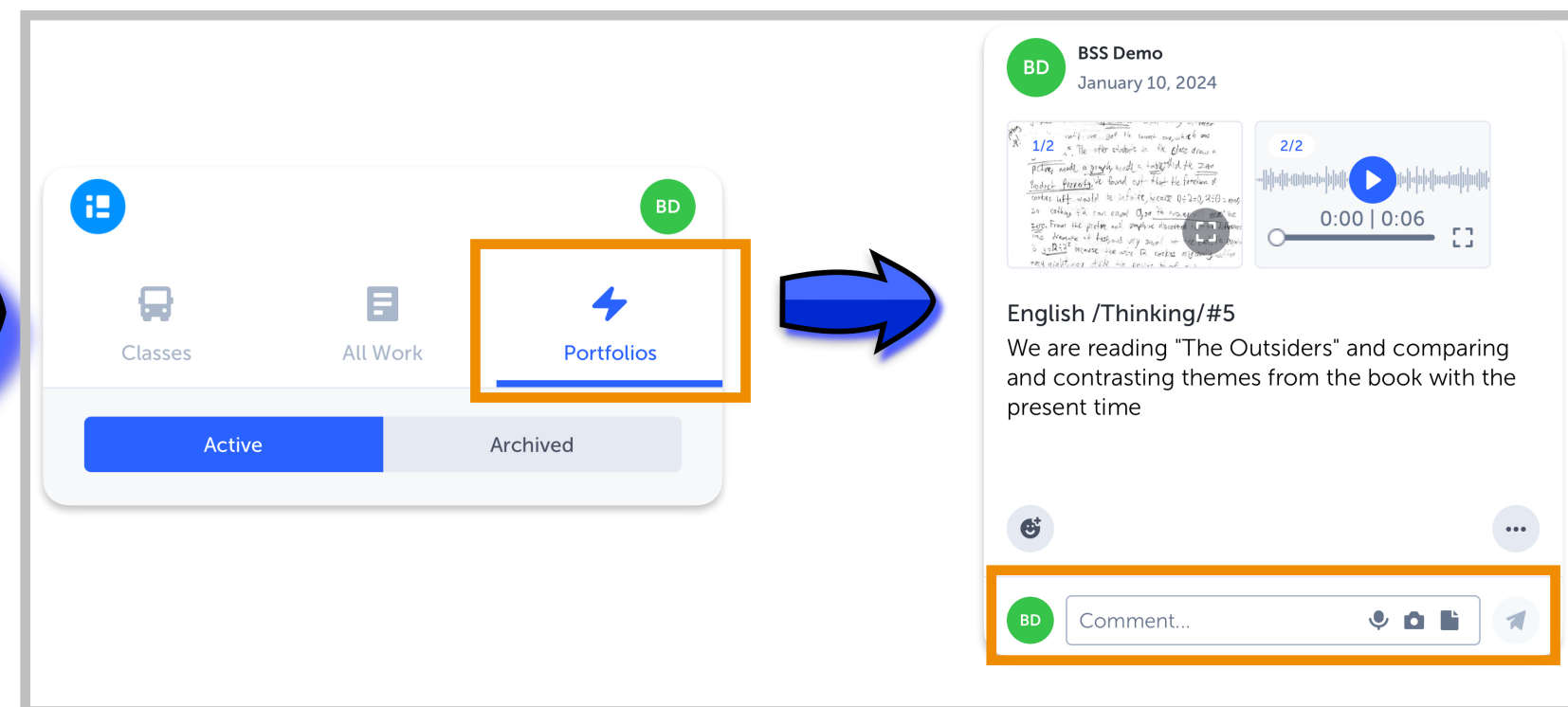
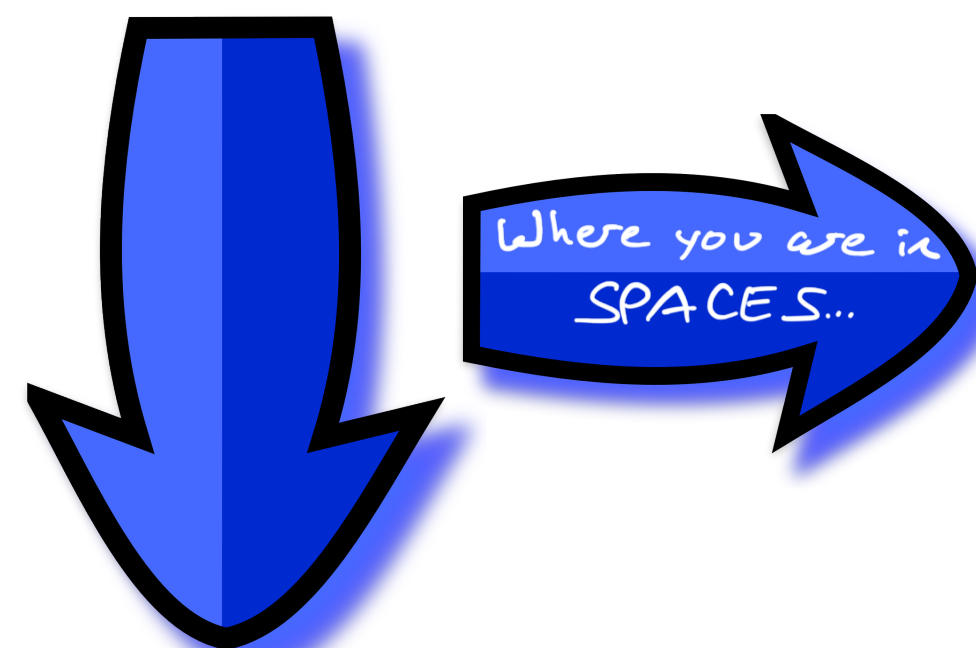
**Step One: 'CHECK IT'** ➡ Revisit the EVIDENCE collected during GRAB IT!



### 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 Two: 'EXPLAIN IT'** ➡ Choose the POST(s) that has/have the MOST MEANING to you (you must select at least one).

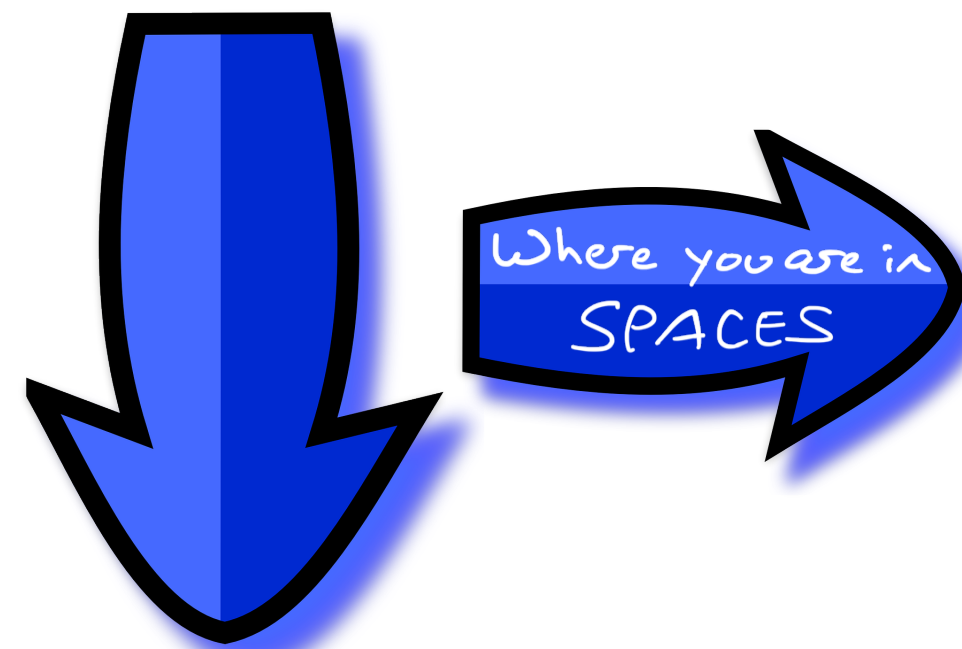


**ACTION** ➡ Why did you select this/these POST(s), share your thoughts in the comment box? (You are welcome to choose one of the following prompts to help you write your comment).

➡ 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?

## Step Three: 'CONNECT IT' ➡ Reflect on the Core Competencies



**TIP:** Use VOICE to TEXT or TAKE a PICTURE...there are lots of ways to CREATE your reflection.

**ACTION** ➡ Create a REFLECTION about all the opportunities you have had to work on your \_\_\_\_\_. You are reflecting  
(Insert Core Competency)  
every time you look back at an EXPERIENCE or SITUATION, and use what you have LEARNED from it in order to improve the next time around. (You are welcome to choose one of the following prompts to help you write your reflection).

➡ As I looked through my evidence, I noticed that 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.