Competency	Academic skill

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What Does this Element Mean?	An awareness of, and **proficiency** in **interdisciplinary academic** skills, including **three** of the following: **Research, Reflection, Transfer, Organization, Collaboration,** and **Inquiry.**
What You Need To Do?	**Reflect** on your learning skills **across classes** in school, select **relevant** examples from **different classes** and **synthesize** them to show how you have **developed** these learning skills.
Will Your Reflection Be Approved?	Student provides **evidence** and **demonstrates proficiency** in **three skills**, with examples of each skill in at least **two** different **subject areas**.
Metacognition	**Developing new understanding** - Overall, how did this experience develop new understandings/change you as a global citizen?

Academic Skill	Class 1 - Where I learnt the skill	Class 2 - Where else I applied the skill
Research	Throughout the years I have learnt as well as developed my research skills through different classes, however I would say in particular IAS. In IAS we cover lots of topics that require thorough yet reliable and valid information and resources, and we are also taught how to correctly do so in the classes as well. In IAS I learnt how to correctly use OPVL as well as comparing and contrasting different sources and finding the values and limitations of each.	I applied my research skills when working on my personal project goal and product. In order to achieve my goal of learning how to sew/create 3 tote bags with different designs, patterns and materials, I had to prepare myself with a base level of knowledge and understanding. Therefore, I did some independent research using my research skills. In order to start off my researching process I gave myself several inquiry questions, which would lead me into the correct direction of research that I needed to go into. From there I would then be able to go into more detail and maybe even physically try out several things. These inquiry questions gave me most of the answers and information that I needed that gave me a rough understanding and idea of how sewing, sewing machines, stitches and seams as well as different types of materials work. I also did OPVL on most of the sources to make sure they held reliable

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		information that I would then be able to use moving forwards.
Reflection	I learnt about reflection and reflection as a skill a lot more in depth throughout the personal project itself. Although I did know how to reflect on specific things before, I had to do a lot of reflecting not only when writing the personal project report, but also when working on my product itself. I had to continuously go back and thoroughly think about what I was doing. I became a lot better at reflecting towards the end of the personal project.	I applied my reflection skills, while writing the report. The last part of the report requires you to reflect on your product and reflect on the impact that the personal project has had on myself as an individual and my learning. As I had been reflecting a lot while making the product, I was able to to do this very easily and was able to evaluate my product against the criteria I had made as well as reflecting and noticing how I had grown as a person.
Transfer		
Organisation	I learnt about organisation and my organisation skills by myself through the school work that I was getting. At the very beginning of secondary school I would tend to fall back on some of my assignments and wouldn't be able to get all of the work that was required done. Therefore, over time I started using different tools that worked for me and helped me stay on track such as planners, homework trackers and setting myself reminders. I have adapted and changed some of the tools I use as time passes and switch to whatever works best for me.	In order to achieve my product successfully, I needed to know how to manage my time efficiently and productively. I needed to stay on track so that I would not fall back and would be able to finish the correct amount of bags before the official due date of the project. In order to do this, my plan that I created played a very significant role. The plan I created at the very beginning, was what I kept coming back to, to make sure I stayed on track and within the timeline. I organized my plan in months, and not by dates. I decided to do this so that I could use my time within the month wisely and was not set to specific dates, in case something else would come up.
Collaboration		
Inquiry		

Choose 3 of the examples to tell your story about it could be classes, or the personal project.

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Metacognition

Having used all of these skills regularly and successfully applying them to my personal project, has allowed me to realise that if put together, they would enable me to create much stronger pieces of work, as I would be putting all of my knowledge from all three of the skills together. In the past and up until now, I have noticed that although I have been using the skills regularly, I tend to separate them from one another and see them more as individual skills rather than skills that could be put together and create better pieces of work. This reflection process will be able to help me in the future with any school work that is to come as well as help me through the diploma and the IB exams that I have ahead of me.