### Worksheet 3

**Reflection**

Were there any differences between self-assessment and external assessment?

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Did the external assessment surprise you?

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In social media, constant comparisons and mutual criticism occur. Have you ever expressed criticism on social media, or have you been a victim of criticism?

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Let's say you've bought new shoes and posted a picture of them on social media. Now, someone comments that you have no taste. How do you handle the situation?

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