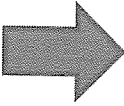




Intrapersonal Competencies

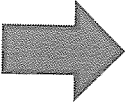
In the first column, list any type of extracurricular activities you are involved in (i.e. shadowing, leadership in clubs or organizations, volunteer activities, research, etc.). For each activity ask yourself, "What have I learned" in regards to each competency listed at the top, and fill in under each corresponding box.

<p>List activities below</p> 	<p>Ethical Responsibility <i>Behaves in an honest manner; cultivates personal and academic integrity; adheres to ethical principles; follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; develops and demonstrates ethical and moral reasoning</i></p>	<p>Reliability and Dependability <i>Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance</i></p>	<p>Resilience and Adaptability <i>Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.</i></p>	<p>Capacity for Improvement <i>Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.</i></p>
<i>(Ex. Volunteering at homeless shelter)</i>	I demonstrated ethical responsibility by...			



Thinking and Reasoning Competencies


In the first column, list any course or project you have completed or are in the process of completing. For each course/project listed ask yourself, "What have I learned" in regards to each competency listed at the top, and fill in under each corresponding box.

List course/project below 	Critical Thinking <i>Uses logic and reasoning to identify the strengths and weaknesses of multiple solutions, conclusions, or approaches to problems.</i>	Quantitative Reasoning <i>Uses data and mathematics to describe or explain phenomena in the natural world.</i>	Scientific Inquiry <i>Applies knowledge of the scientific process to integrate and synthesize information, solve problems and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.</i>	Written Communication <i>Effectively conveys information to others using written words and sentences.</i>
(Ex. Honor's Thesis)	I demonstrated critical thinking by...			



Science Competencies

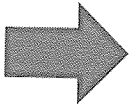
In the first column, list any course or project you have completed or are in the process of completing. For each course/project listed ask yourself, "What have I learned" in regards to each competency listed at the top, and fill in under each corresponding box.

<p>List course/project below</p>  <p><i>(Ex. Honor's Thesis)</i></p>	<p>Living Systems</p> <p><i>Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.</i></p> <p><i>I demonstrated knowledge of living systems by...</i></p>	<p>Human Behavior</p> <p><i>Applies knowledge of the self, others, and social systems to solve problems related to the psychological, social, cultural, and biological factors that influence health and well-being.</i></p>



Interpersonal Competencies

In the first column, list any type of extracurricular activities you are involved in (i.e. shadowing, leadership in clubs or organizations, volunteer activities, research, etc.). For each activity ask yourself, "What have I learned" in regards to each competency listed at the top, and fill in under each corresponding box.

<p>List activities below</p> 	<p>Service Orientation <i>Demonstrates a desire to help others' needs and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress. Recognizes and acts on societal responsibility locally, nationally and globally.</i> <i>I demonstrated service orientation...</i></p>	<p>Social Skills <i>Demonstrates an awareness of others' needs, goals, feelings and the ways that social and behavioral cues affect peoples' interactions and behaviors; Adjusts behavior appropriately in response to these cues; and treats others with respect.</i></p>	<p>Cultural Competence <i>Demonstrates knowledge of social and cultural factors that affect interactions and behaviors; shows an appreciation and respect for diversity; interacts effectively with people from diverse backgrounds.</i></p>	<p>Teamwork <i>Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.</i></p>	<p>Oral Communication <i>Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.</i></p>
<p>(Ex. Volunteering at homeless shelter)</p>					