



**Intrapersonal Competencies:** The attitudes and qualities unique within you as an individual.

**Ethical Responsibility:** *Behaves in an honest manner; cultivates personal and academic integrity; adheres to ethical principles and follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in ethical ways; develops and demonstrates moral reasoning.*

**Reliability and Dependability:** *Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.*

**Resilience and Adaptability:** *Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.*

**Capacity for Improvement:** *Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.*

List any type of activities you are involved in. These activities could include shadowing, leadership or volunteer activities, and research. For each activity, consider what you have learned and how it relates to each specific competency.

**Ethical Responsibility**

**Reliability & Dependability**

**Resilience & Adaptability**

**Capacity for Improvement**



**Interpersonal Competencies:** The skills dealing with how you interact with others.

**Service Orientation:** *Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress; recognizes and acts on his/her responsibilities to society; locally, nationally, and globally.*

**Social Skills:** *Demonstrates an awareness of others' needs, goals, feelings, and the ways that social and behavioral cues affect peoples' interactions and behaviors; adjusts behaviors appropriately in response to these cues; treats others with respect.*

**Cultural Competence:** *Demonstrates knowledge of socio-cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one's own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.*

**Teamwork:** *Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.*

**Oral Communication:** *Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.*

List any type of activities you are involved in. For each activity, consider what you have learned and how it relates to each specific competency.

<b>Service Orientation</b>
<b>Social Skills</b>
<b>Cultural Competence</b>
<b>Teamwork</b>
<b>Oral Communication</b>



**Thinking and Reasoning Competencies:** The ability to reason and use your thought processes to form conclusions, inferences, or judgments.

**Critical Thinking:** *Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.*

**Quantitative Reasoning:** *Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.*

**Scientific Inquiry:** *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.*

**Written Communication:** *Effectively conveys information to others using written words and sentences.*

List any type of activities you are involved in. For each activity, consider what you have learned and how it relates to each specific competency.

**Critical Thinking**

**Quantitative Reasoning**

**Scientific Inquiry**

**Written Communication**



**Science Competencies:** The knowledge and academic proficiency necessary for managing the scientific content at the foundation of medicine.

**Living Systems:** *Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.*

**Human Behavior:** *Applies knowledge of the self, others, and social systems to solve problems related to the psychological, socio-cultural, and biological factors that influence health and well-being.*

List any relevant courses or projects that you have engaged in. Consider what you have learned and how it relates to each specific competency.

**Living Systems**

**Human Behavior**