

Professional Competency Self-Assessment Worksheet

To help you reflect on these eight-competencies, use the below assessment tool to practice. Refer to the PDC "Are you Career Ready" flyer for full definitions of the eight-competencies.



Critical Thinking/Problem Solving



- Need to Develop Currently Developing Excelling

Suggestions to further help develop this competency:

- Assist peers with academic subjects or tutor
- Take researched based courses

Write out your goals to further develop this competency or explain in what way you are excelling.

Technical Application



- Need to Develop Currently Developing Excelling

Suggestions to further help develop this competency:

- Learn programming languages or coding
- Maintain your LinkedIn page and other social media pages

Write out your goals to further develop this competency or explain in what way you are excelling.

Oral/Written Communications



- Need to Develop Currently Developing Excelling

Suggestions to further help develop this competency:

- Schedule a mock interview with the Professional Development Center (PDC)
- Join a debate club or writing group

Write out your goals to further develop this competency or explain in what way you are excelling.

Teamwork/Collaboration



- Need to Develop Currently Developing Excelling

Suggestions to further help develop this competency:

- Join Student Government or an organization
- Join a club or sports team

Write out your goals to further develop this competency or explain in what way you are excelling.

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Leadership



- Need to Develop Currently Developing Excelling

Suggestions to further help develop this competency:

- Lead on a class project
- Participate in service programs or volunteer

Write out your goals to further develop this competency or explain in what way you are excelling.

Professionalism/Work Ethic



- Need to Develop Currently Developing Excelling

Suggestions to further help develop this competency:

- Begin a paid or unpaid internship
- Get involved with professional student organizations

Write out your goals to further develop this competency or explain in what way you are excelling.

Career Management



- Need to Develop Currently Developing Excelling

Suggestions to further help develop this competency:

- Check-in with PDC Program Coordinators to strengthen skills in prep for employers
- Take a Myers-Briggs test to get insight to your strengths

Write out your goals to further develop this competency or explain in what way you are excelling.

Global/Intercultural Fluency



- Need to Develop Currently Developing Excelling

Suggestions to further help develop this competency:

- Read articles about cultural understanding
- Learn about diversity and inclusion

Write out your goals to further develop this competency or explain in what way you are excelling.
