

Pre-Professional (ENTER RATING)	Reason? Hi/M/Low?	Examples to Show Strength	Activities to DO to develop strength
Service Orientation			
Social Skills			
Cultural Competence			
Teamwork			
Oral Communication			
Ethical Responsibility to Self and Others			
Reliability and Dependability			
Resilience and Adaptability			
Capacity for Improvement			

Thinking and Reasoning Competencies			
Critical Thinking			
Quantitative Reasoning			
Scientific Inquiry			
Written Communication			
Science Competencies			
Living Systems			
Human Behavior			

Ask yourself: Why did I rate myself this way?

Ex. Been on teams - but is that enough? What skills did you GROW while being on a team