

Core Competencies

Thinking and Reasoning Competencies

- **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 by using written words and sentences.

Core Competencies

Science Competencies

- **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, sociocultural, and biological factors that influence health and well-being.

Core Competencies

Pre-professional Competencies

- **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 sociocultural 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 oneself 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.

Core Competencies

Pre-professional Competencies

- **Oral Communication**
Effectively conveys information to others by using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.
- **Ethical Responsibility to Self and Others**
Behaves in an honest and ethical 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 honest and ethical ways; develops and demonstrates ethical and 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.

Performance Reflection and Assessment Table

Step 1. Read the definition of the competency on the previous page.

Step 2. Select one of the options from the list below that best describes your current level of proficiency and add this to the Table:

- Planning: Preparing to gain experience or exploring options.
- Progressing: Currently gaining experience, somewhat familiar
- Demonstrating: Experienced, significant familiarity

Step 3. Complete the Evaluation Table below based upon your current level of proficiency. If you identify "Progressing" or "Demonstrating"

- Describe the knowledge or skills you gained from the experience and enter the information in the section "How I demonstrate(d) this competency."
- Reflect on what you think the experience says about you as a unique individual and enter the information in the sections "Why it's important" and "What this says about me."
- Explain why the experience was important and how it allowed you to grow as a person and enter the information in the section "What I learned or how I grew from this experience."
- Describe ways in which you believe your experience influenced your pursuit of a career in medicine and enter the information in the section "How this prepared me or influenced my interest."

If you identify "Planning" as your level of proficiency: Use the "My plan(s) to develop this competency" section to draft a strategy for building on your experience in this area. Specifically, write about "Next Steps," "Timeline," and add any "Notes" that you think will be helpful.

Core Competencies

Competency	Current Level of Proficiency	How I demonstrate this competency	Why it's important	What this says about me	What I learned or how I grew from this experience	How this prepared me or influenced my interest	My plan(s) to develop this competency
Critical Thinking							
Quantitative Reasoning							
Scientific Inquiry							
Written Communication							
Living Systems							
Human Behavior							

Core Competencies

Competency	Current Level of Proficiency	How I demonstrate this competency	Why it's important	What this says about me	What I learned or how I grew from this experience	How this prepared me or influenced my interest	My plan(s) to develop this competency
Service Orientation							
Social Skills							
Cultural Competence							
Teamwork							
Oral Communication							
Ethical Responsibility							
Reliability and Dependability							
Resilience and Adaptability							
Capacity for Improvement							