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|  | 1st year | 2nd and 3rd year | Ready to graduate |
| Reflect and Adjust for Well-being\*Nurturing Successful Relationships | * Recognize personal needs, values, and behaviors to optimize well-being.
* Engage in thoughtful reflection on what works and what doesn’t.
* Describe own performances with general descriptors of success and failure.
 | * Analyze personal limits and areas for growth through reflection.
* Adjust strategies to maintain well-being while contributing effectively to collaborative settings.
* Articulate strengths and challenges

(within specific performances or events)to increase effectiveness in differentcontexts (through increased self awareness).* Evaluate changes in own learning over time, recognizing complex contextual factors (e.g., works with ambiguity and risk, deals with frustration, considers ethical frameworks).
 | * Model reflective practices and self-awareness to promote group well-being.
* Share strategies for setting limits and maintaining balance for team success.
* Envision a future self (and possibly makes plans that build on past experiences) that have occurred across multiple and diverse contexts.
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| Navigate Change and Maintain Persistence | * Identify opportunities to engage in mindful behaviors that support well-being.
* Apply strategies to persist through change while maintaining balance.
 | * Leverage personal strengths and community support systems to navigate changes.
* Encourage team members to persist while respecting limits and boundaries.
 | * Model healthy persistence, advocating for the well-being of self and others.
* Foster resilience and adaptability in groups facing change.
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| Respond to Feedback\*Nurturing Successful Relationships | * Accept constructive feedback with openness and a willingness to learn.
* Recognize areas for improvement through the feedback process.
 | * Actively seek feedback and engages in discussions to understand different perspectives.
* Adapts actions and approaches based on feedback to enhance performance.
 | * Model receptivity to feedback and encourage a culture of growth through feedback.
* Provides thoughtful, constructive feedback to others, fostering a positive, growth-oriented environment.
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\*Contributes to the development of additional competencies