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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 different  contexts (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. |
| 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. |
| 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. |

\*Contributes to the development of additional competencies