

Intrapersonal Competencies



involves self-management, including the ability to regulate one's behavior and emotions to reach goals

- Adaptability
- Appreciation for diversity
- Artistic & cultural appreciation
- Career orientation
- Citizenship
- Continuous learning
- Flexibility
- Grit
- Initiative
- Integrity
- Intellectual interest and curiosity
- Metacognition
- Perseverance
- Physical & psychological health
- Productivity
- Reasoning/argumentation
- Responsibility
- Self-evaluation
- Self-monitoring
- Self-reinforcement
- Work ethic/conscientiousness

Interpersonal Competencies



involves expressing information to others, as well as interpreting others' messages and responding appropriately

- Assertive communication
- Collaboration
- Communication
- Conflict resolution
- Cooperation
- Coordination
- Empathy/perspective-taking
- Leadership
- Negotiation
- Responsibility
- Self-presentation
- Service orientation
- Social influence with others
- Teamwork
- Trust