Using UC San Diego’s Career Readiness Competencies (listed below), please select between 3-5 competencies you gained as a result of your health, service, and/or research experiences.

After identifying your 3-5 competencies gained from the list below, please address in a 4-6 page reflection paper, double spaced, with 1 inch margins...

**UC San Diego 12 Career Readiness Competencies**

**Critical thinking/ problem solving**: Identifies important problems and questions and gathers, analyzes, evaluates information from a variety of sources before forming a strategy, decision, or opinion.

**Research ability**: Accesses and evaluates multiple sources of information, including text and images, and synthesizes information to solve problems and create new insights.

**Oral, written, & digital communication**: Conveys meaning and responds to needs of diverse audiences through writing and speaking coherently and effectively, and develops the expression of ideas through written, oral and digital mediums.

**Teamwork/ cross-cultural collaboration**: Works with and seeks involvement from people and entities with diverse experiences towards a common goal, demonstrating strong interpersonal skills, respect, and dignity for others.

**Understanding global context**: Demonstrates an understanding of complex global issues and systems, and how issues and actions have local and global implications for the future.

**Leadership**: Takes initiative, demonstrates effective decision making and informed risk taking, and motivates and encourages participation from others to work towards a shared purpose and vision.

**Self-reflection**: Assesses, articulates, and acknowledges personal skills and abilities, and learns from past experiences and feedback to gain new insights and understandings.

**Career development**: Accesses information and opportunities for career exploration, and understands and articulates the importance of transferable skills in the job search process.

**Digital information fluency**: Demonstrates technological literacy and skills, and ethically and effectively uses technology to communicate, problem-solve, and complete tasks.

**Civic engagement/ social responsibility**: Participates in service/ volunteer activities characterized by reciprocity, engages in critical reflection, and appropriately challenges unfair and unjust behavior to make a positive difference in the community.

**Innovation/ entrepreneurial thinking**: Synthesizes existing ideas and concepts in innovative and creative ways to develop new ways of thinking or working, and engages in divergent thinking and risk taking.