



Reflect

What are three competencies you have already developed in this role or past roles (See CSU competencies here: <https://career.colostate.edu/resources/career-competencies/>)

- 1) _____
- 2) _____
- 3) _____

Specifically, **how**, **what** and **why** did you use them?

Example: I developed **verbal communication** **to make sure guests had the best experience with our services** *by learning multiple ways of communicating the same information using different words, tones and messages during my time in the position. I often learned from my mistakes in saying it the wrong way too.*

- 1) _____

- 2) _____

- 3) _____

Dream

What is work you want in the future, and how would you need these competencies in the future?

Example: I want run my own small business and I will need to use verbal communication to effectively communicate to my clients about the services I want them to pay for. This will require persuasive and influential styles of communicating.

- 1) _____

- 2) _____

- 3) _____



Plan

What action steps will you plan to develop these competencies further? (i.e. jobs, internships, volunteer/leadership opportunities)

Example: I will join a student organization to work on my persuasive communication. I will look for a student organization using ramlink's student organization finder (<https://ramlink.campuslabs.com/engage/>).

1) _____

2) _____

3) _____
