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) __________________________________________________________________________
____________________________________________________________________________