

PROFESSIONAL COMPETENCIES	
1. Cultural Awareness:	Appreciates how historical, socio-cultural, political, and economical factors affect interactions, behaviors, and well-being of others; values diversity and demonstrates a desire to learn about different cultures, beliefs, and values.
2. Cultural Humility:	Seeks out and engages diverse and divergent perspectives with a desire to understand and willingness to adjust one's mindset; understands a situation or idea from alternative viewpoints; reflects on one's values, beliefs, and identities and how they may affect others; reflects on and addresses bias in oneself and others; fosters a supportive environment that values inclusivity.
3. Empathy and Compassion:	Recognizes, understands, and acknowledges others' experiences, feelings, perspectives, and reactions to situations; is sensitive to others' needs and feelings; demonstrates a desire to help others and alleviate others' distress.
4. Interpersonal Skills:	Demonstrates an awareness of the ways that social and behavioral cues affect peoples' interactions and behaviors; adjusts behaviors appropriately in response to these cues; recognizes and manages one's emotions and understands how emotions impact others or a situation; treats others with dignity, courtesy, and respect.
5. Service Orientation:	Shows a commitment to something larger than oneself; demonstrates a dedication to service and a commitment to making meaningful contributions that meet the needs of communities.
6. Teamwork and Collaboration:	Collaborates with others to achieve shared goals and prioritizes shared goals; adjusts role between team member and leader based on one's own and others' expertise and experience; shares information with team members and encourages this behavior in others; gives and accepts feedback to improve team performance.
7. Oral Communication:	Effectively conveys information to others using spoken words and sentences; engages in active listening to understand the meaning and intent behind what others say; recognizes potential communication barriers and adjusts approach or clarifies information as needed.
8. Commitment to Learning and Growth:	Practices continuous personal and professional growth for improvement, including setting and communicating goals for learning and development; reflects on successes, challenges, and mistakes, and pursues opportunities to improve knowledge and understanding; solicits and incorporates feedback to grow.
9. Ethical Responsibility to Self and Others:	Behaves with honesty and integrity; considers multiple and/or conflicting principles and values to inform decisions; adheres to ethical principles when carrying out professional obligations; resists pressure to engage in unethical behavior; encourages others to behave in honest and ethical ways.
10. Reliability and Dependability:	Demonstrates accountability for performance and responsibilities to self and others; prioritizes and fulfills obligations in a timely and satisfactory manner; understands consequences of not fulfilling their responsibilities to self and others.
11. Resilience and Adaptability:	Perseveres in challenging, stressful, or ambiguous environments or situations by adjusting behavior or approach in response to new information, changing conditions, or unexpected obstacles, and recognizes and seeks help and support when needed; recovers from, and reflects on, setbacks; balances personal well-being with responsibilities.
SCIENCE COMPETENCIES	
12. Human Behavior:	Applies knowledge of the self, others, and social systems to solve problems related to the psychological, sociocultural, and biological factors that influence health and well-being.
13. Living Systems:	Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems, including biomolecules, molecules, cells, and organs.
THINKING AND REASONING COMPETENCIES	
14. Critical Thinking:	Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.
15. Quantitative Reasoning:	Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.
16. Scientific Inquiry:	Applies knowledge of the scientific process to integrate and synthesize information, solve problems, and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.
17. Written Communication:	Effectively conveys information to others by using written words and sentences.