

<u>Thinking/Reasoning</u>	What <u>activity</u> demonstrates this skill?	What was the <u>challenge</u> involved in this activity?	What <u>actions and resources</u> did you use to address the challenge?	What were the <u>outcomes</u> of your actions?	What <u>mistakes</u> did you make in the process?	What did you do <u>well</u> in the process?
<ul style="list-style-type: none"> • <u>Critical thinking</u> Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems 						
<ul style="list-style-type: none"> • <u>Quantitative reasoning</u> Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world 						
<ul style="list-style-type: none"> • <u>Scientific inquiry</u> 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 						
<p><u>Written communication</u> Effectively conveying information to others using written words and sentences</p>						

<u>Interpersonal Competencies</u>	What <u>activity</u> demonstrates this skill?	What was the <u>challenge</u> involved in this activity?	What <u>actions and resources</u> did you use to address the challenge?	What were the <u>outcomes</u> of your actions?	What <u>mistakes</u> did you make in the process?	What did you do <u>well</u> in the process?
<ul style="list-style-type: none"> • <u>Service orientation</u> Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress; recognizes and acts on his/her responsibilities to society, locally, nationally, and globally 						
<ul style="list-style-type: none"> • <u>Social skills</u> Demonstrates awareness of others' needs, goals, feelings, and the ways social and behavioral cues affect peoples' interactions and behaviors; adjusts behaviors appropriately in response to these cues; and treats others with respect 						
<p><u>Cultural competence</u> Demonstrates knowledge of social and cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one's own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds</p>						
<ul style="list-style-type: none"> • <u>Teamwork</u> Works collaboratively with others to achieve shared goals; shares information & knowledge with others and provides feedback; puts team goals ahead of individual goals 						
<ul style="list-style-type: none"> • <u>Oral communication</u> Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed 						

<u>Interpersonal Competencies</u>	What <u>activity</u> demonstrates this skill?	What was the <u>challenge</u> involved in this activity?	What <u>actions and resources</u> did you use to address the challenge?	What were the <u>outcomes</u> of your actions?	What <u>mistakes</u> did you make in the process?	What did you do <u>well</u> in the process?
<ul style="list-style-type: none"> • <u>Ethical responsibilities to self/others</u> Behaves in an honest and ethical manner; cultivates personal and academic integrity; adheres to ethical principles and follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; and develops and demonstrates ethical and moral reasoning 						
<ul style="list-style-type: none"> • <u>Reliability/dependability</u> Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance 						
<ul style="list-style-type: none"> • <u>Resilience/adaptability</u> Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks 						
<ul style="list-style-type: none"> • <u>Capacity for Improvement</u> Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback 						
<u>Living systems</u> See MCAT2015 Preview Guide https://www.aamc.org/students/download/266006/data/2015previewguide.pdf						
<u>Human Behavior</u> See MCAT2015 Preview Guide https://www.aamc.org/students/download/266006/data/2015previewguide.pdf						