

RISE : CAREER COMPETENCY REFLECTION

The RISE self-assessment tool can be used to reflect on your classroom and out-of-the-classroom learning. RISE reflective questions invite contemplation on how your academic studies and experiential learning connect to the career competencies that are necessary to elevate your professional brand and succeed in today's ever-evolving workforce.

R EFLECT

Reflect on your in and out-of-the-classroom experiences.

Which career competencies did you build through those experiences?

Experiences (e.g., *class discussions; projects; field work; lab work; assignments*).

Career Competencies (see Page 2).

I NTEGRATE

Integrate your academic discipline's theoretical framework with your in and out-of-the-classroom experiences.

How did those experiences improve your career competencies?

S YNTHESIZE

Synthesize your in and out-of-the-classroom experiences with career competencies.

How will those experiences help you in a professional setting?

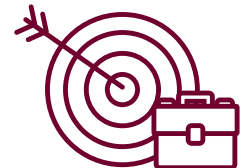
E VALUATE

Evaluate your in and out-of-the-classroom experiences and assess your career readiness.

Which career competencies are your strengths? Which ones could you enhance?

CAREER READINESS COMPETENCIES

CAREER & SELF DEVELOPMENT



COMMUNICATION



CRITICAL THINKING



EQUITY & INCLUSION



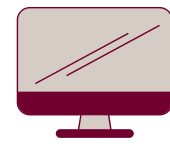
PROFESSIONALISM



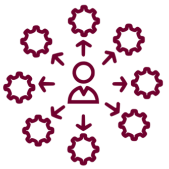
TEAMWORK



TECHNOLOGY



LEADERSHIP



COMMUNITY & GLOBAL ENGAGEMENT



CREATIVITY & INNOVATION

