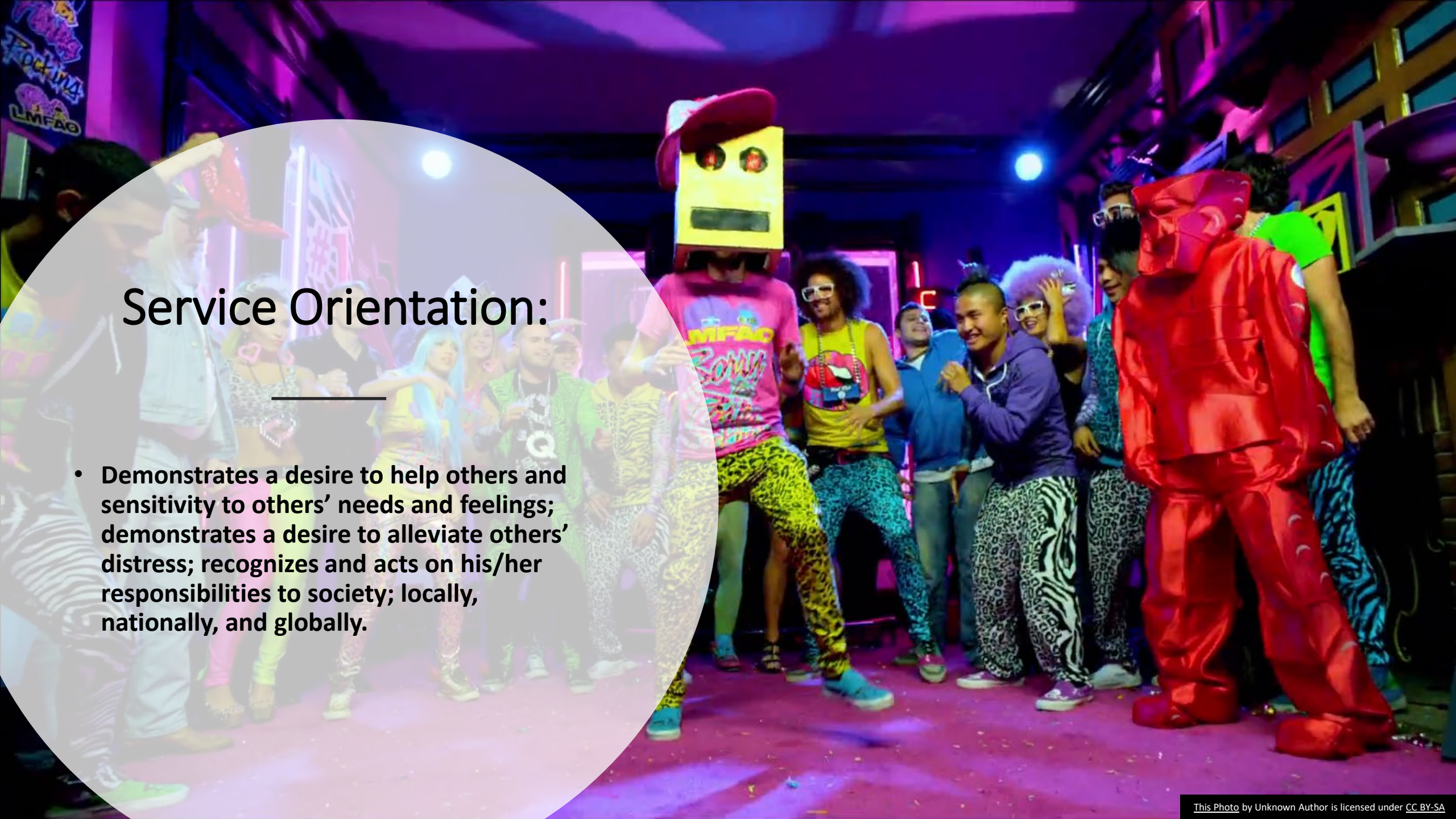
Pre-Professional Competencies

Show, Don’t Tell!

Service Orientation:

- **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.**



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Cultural Competence

- **Demonstrates knowledge of socio-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.**

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Capacity for Improvement:

- Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.

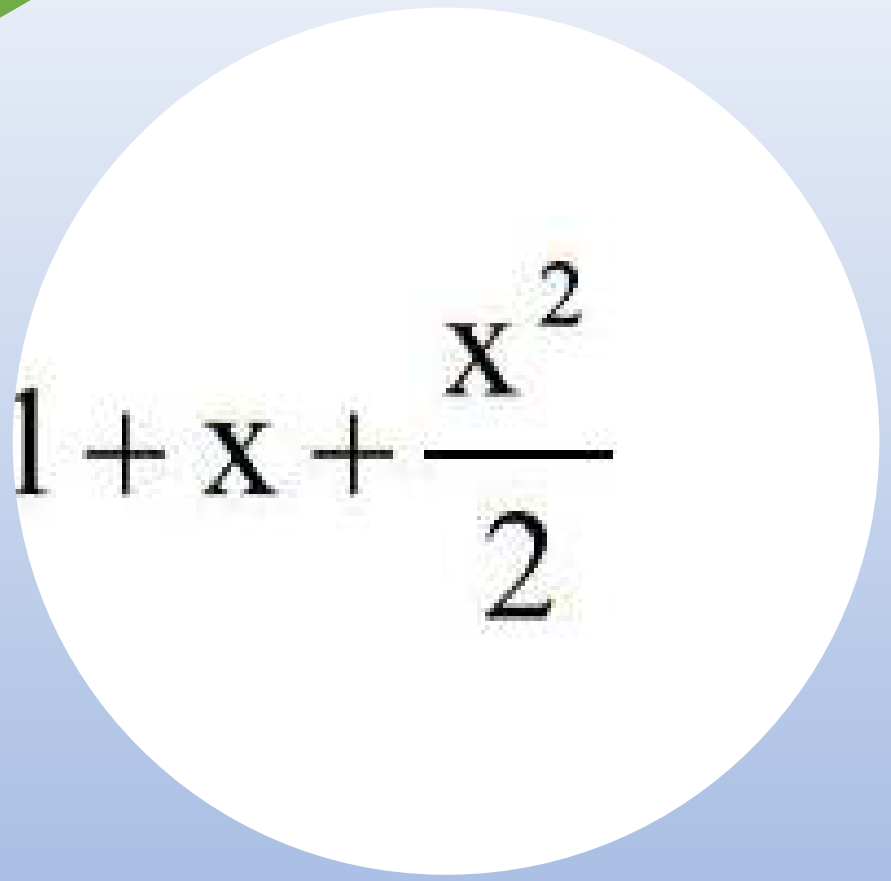
Thinking and Reasoning Competencies

Can You Fix It?

Make it Better?

Communicate well?

- **Critical Thinking:** Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.
- **Quantitative Reasoning:** Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.
- **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.
- **Written Communication:** Effectively conveys information to others using written words and sentences.



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VITA

Talking to a Computer is Different from Face to Face!

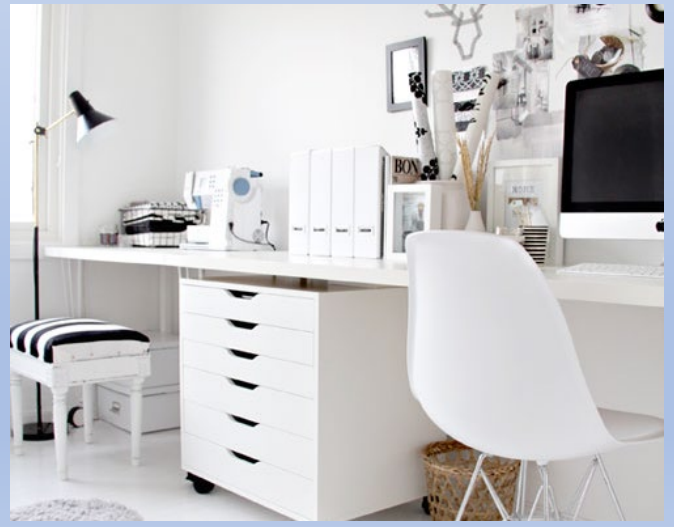
Your Space

Clean

Well-lit

Quiet!!

Organized so you have what you need



Mistakes to Avoid

- Lack of preparation about school and VITA
- Not controlling your surroundings
- Not reading instructions carefully!
- Not doing this! Practice, Practice, Practice!!!
- Not knowing how to close out conversation gracefully!
- Not checking your tech
  - Internet connection
  - Ask others to turn off wi-fi
  - Make sure your computer is charged!

- https://www.youtube.com/watch?v=J2VnJOw5Cd0

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Lighting

- "Shady Face," that is, half of face is shaded or blocked in some way.
- Instead, have one steady lamp, directly by your face, for even, steady lighting.
- No sidelight or backlight, please.
- Avoid sitting with your back to a window, as the camera will expose the light and make you into a silhouette.
- Instead, flip it, and face the window, which will give you soft light.

Sit Up Straight!

- You want to look relaxed but not sloughy.
- Smile! Say hello, so happy to be here today!
- Look directly at the webcam so you seem to be making eye contact.
- Dress appropriately!
- Background should be simple, not distracting
- Practice, Practice, Practice!!

HOW TO PRACTICE?

Tape yourself talking to the computer and pay attention to lighting, etc.

Do a zoom session with a family member or friend and ask if you look as if you are looking directly at them. What else do they see?

is your lighting ok?

are you making good eye contact?

Sound ok? Any ambient sounds that should not be there?

Wi-fi strong? Are you freezing at any point?

What's your background look like? Can they see your un-made bed?!

Sample Question

- You need a good grade in chemistry lab. Your partner just wants to pass. You do most of the work but there is one week you need him to step up. He refuses. What do you do?
  - Tell the professor?
  - Beg him?
  - Somehow do the work yourself?
  - Let it go and hope for the best?
  - Is he being fair to you?
  - Are you asking too much?

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