

## Career Competency

### Reflection #1

- 1. Oral/written communications:** *Doing class presentations, hosting group meeting and writing papers for class assignment or job/internship applications.*
- 2. Teamwork/collaboration:** *As the captain of a class group I have to make sure all members participate in group assignments, host group meetings and discussions to get assignments completed as well as network with each other.*
- 3. Critical thinking/problem solving:** *I exercise critical thinking in all my courses by planning and completing assignments, when working or written paper assignments and having discussion with my professors and class mates.*
- 4. Professionalism/work ethic:** *Over the summer I was working with a professor on a research project where I demonstrated professionalism by being punctual for daily meeting and getting task done on time.*
- 5. Leadership:** *Currently I the captain of a class group, I make sure each individual understands and complete his/her part of the assignments.*
- 6. Information technology application:** *used Microsoft word and Microsoft power point to complete written papers and make presentations for class assignment as well as create posters for presentations.*
- 7. Career management:** *Attended career fairs here at benedict as well as connect with others through social media (LinkedIn) and use other online resources to do research and plan my career vision.*