



# Career Readiness Reflections

## UMASS BOSTON OFFICE OF CAREER SERVICES & INTERNSHIPS

Reflect on your jobs, internships, volunteer experiences, student organization memberships, academic projects, etc. to see how you have developed the competencies listed below. These are the competencies that employers are seeking when hiring students. Think about how you can develop the competencies you are lacking. Actively reflecting on your experiences will help you develop competency in Career Management and take control of your career.

Name \_\_\_\_\_

Date \_\_\_\_\_

<p><b>Activity/Class</b></p>	<p><b>My Specific Tasks/Responsibilities</b></p>	<p><b>Competencies Developed</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Critical thinking/problem solving</li> <li><input type="checkbox"/> Teamwork/collaboration</li> <li><input type="checkbox"/> Professionalism/work ethic</li> <li><input type="checkbox"/> Oral/written communications</li> <li><input type="checkbox"/> Digital technology</li> <li><input type="checkbox"/> Leadership</li> <li><input type="checkbox"/> Career management</li> <li><input type="checkbox"/> Global/multi-cultural fluency</li> </ul>
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