College and Career Competency Wheel

Intrapersonal
- initiative
- adaptability
- perseverance
- self-regulation
- self-efficacy
- self-care
- self-awareness
- curiosity
- integrity
- ethics
- sustained attention
- goal setting

Interpersonal
- assertiveness
- teamwork
- empathy
- networking
- social awareness
- conflict management
- communication
  (verbal, written, nonverbal)

Cognitive
- creative thinking
- organization
- critical thinking
- problem solving
- learning schema
- content/technical

*The competencies have a base of evidence demonstrating positive impacts on in-school and post-school success.

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