



## NACE 8 Competencies Student Reflection Form

Name: \_\_\_\_\_

Position/Role: \_\_\_\_\_

Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Which of the following competencies do you feel is your strongest?

- Career & Self-Development:** Taking ownership of your personal and professional growth
- Communication:** Clearly and effectively exchanging information with others
- Critical Thinking:** Using logic and information to make thoughtful decisions
- Equity & Inclusion:** Creating environments where everyone feels respected and included
- Leadership:** Encouraging and guiding others toward a shared goal
- Professionalism:** Being reliable, accountable, and respectful in the workplace
- Teamwork:** Working effectively with others toward a shared goal
- Technology:** Using tools effectively and adapting to new ones

(Optional) Please explain why you selected this competency:

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### 2. Which of the following competencies do you feel you need to develop the most?

- Career & Self-Development
- Communication
- Critical Thinking
- Equity & Inclusion
- Leadership
- Professionalism
- Teamwork
- Technology

(Optional) Please explain why:

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**3. By the end of your role, which competencies would you like to grow in?**

(Select up to 2–3)

- Career & Self-Development:** Taking ownership of your personal and professional growth
- Communication:** Clearly and effectively exchanging information with others
- Critical Thinking:** Using logic and information to make thoughtful decisions
- Equity & Inclusion:** Creating environments where everyone feels respected and included
- Leadership:** Encouraging and guiding others toward a shared goal
- Professionalism:** Being reliable, accountable, and respectful in the workplace
- Teamwork:** Working effectively with others toward a shared goal
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**4. How do you hope this role will help you grow in these competencies?**

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**5. What are 1–2 specific actions you can take to develop these competencies?**

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**6. Is there a competency you feel nervous or uncertain about in this role? Why?**

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**7. How can your supervisor support you in developing these competencies?**

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**8. How will improving in these competencies help you in future roles or careers?**

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