**NACE Career Competencies Reflection**

The National Association for Colleges and Employers (NACE) defined **career readiness** as a foundation from which to demonstrate requisite core competencies that broadly prepare the college educated for success in the workplace and lifelong career management. This resource will help students reflect on their current skill development and consider how they want to prioritize their professional growth after this activity.

**Overview of the NACE Career Competencies:**

In the table below, reflect on your skill level considering the definitions of each competency area. Consider your previous employment history, classroom assignments, and other activities you participated in that developed your skills in the competency areas.

**Rate yourself on a scale from 1 – 5**, with 1 being a low skill level and 5 a high skill level. Then write down the three skill areas you want to keep growing in:

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2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Competency Name** | **Description** | **Self-Rating (1-5):**  **1 = Low Skill Level**  **5 = High Skill Level** |
| **Career and Self Development** | Proactively develop oneself and one’s career through continual personal and professional learning, awareness of one’ strengths and weaknesses, navigation of career opportunities, and networking to build relationships within and without one’s organization |  |
| **Communication** | Clearly and effectively exchange information, ideas, facts, and perspectives with persons inside and outside of an organization |  |
| **Critical Thinking** | Identify and respond to needs based upon an understanding of situational context and logical analysis of relevant information |  |
| **Equity and Inclusion** | Demonstrate the awareness, attitude, knowledge, and skills required to equitably engage and include people from different local and global cultures. Engage in anti-racist practices that actively challenge the systems, structures, and policies of racism |  |
| **Leadership** | Recognize and capitalize on personal and team strengths to achieve organizational goals |  |
| **Professionalism** | Knowing work environments differ greatly, understand, and demonstrate effective work habits, and act in the interest of the larger community and workplace |  |
| **Teamwork** | Build and maintain relationships to work effectively toward common goals, while appreciating diverse viewpoints and shared responsibilities. |  |
| **Technology** | Understand and leverage technologies ethnically to enhance efficiencies, complete tasks and accomplish goals. |  |

Note: No matter your level of experience, growth is a continual process. Even if you are highly skilled in some areas, you can decide to continue growing in these areas to further solidify and master your skills or decide to improve some of your areas where you are less skilled. You can continue your skill proficiency through trainings, certificate programs, experiential learning opportunities, and inside and outside classroom activities. If you are looking for additional experiential learning opportunities to get involved in, remember to check out the[**University Career Services**](https://careers.unc.edu/students)website for upcoming professional development activities and events**.**