

Student Competencies for the WPS College Transition Program

Competencies	Finding and Using One's Voice	Taking a Critical Lens	Becoming Self-Regulated	Building Community (connections)	Exploring Curiosity	Having Agency	Efficacy in Solving Problems
Academic Competencies: <i>Keys to Success across all academic areas</i>	Communicate Effectively Speak up to articulate ideas or ask questions in class Express views clearly both verbally and in writing (construct arguments)	Read and Think Critically Evaluate arguments/claims and weigh evidence Apply analytical frameworks to problems	Think metacognitively Monitor thinking and develop self-awareness of academic strengths and challenges Adjust strategies to the task at hand	Engage in Civil Debate Probe other's perspectives for understanding Listen actively and lead with empathy especially with those who disagree	Seek New information Formulate the "right" question for the situation Develop questions for research, interviews, and for course materials.	Find Balance Know techniques for stress management Create a wellness plan for mental health, healthy eating, exercise, and sleep	Be Resourceful View learning as solving problems that need to be uncovered and figured out. Cultivate a growth mindset about learning
College Transition Competencies: <i>Keys to Successfully Navigating the College Transition</i>	Speaking up Advocate for oneself by sharing opinions, standing up for oneself Know how to ask for help	Meaning Making Make-meaning from both academic and social experiences Access the "hidden curriculum" and recognize "social capital" and understand basic "financial literacy"	Executive Function Figure out what to do to make a plan (to complete an assignment) Develop multiple strategies for time management and study skills: Recognize when to ask for help	Sense of Social Belonging Build social bonds with shared interests/affinities and across difference Navigate adult relationships: seek mentorship and connect with TAs/ professors (off. hrs)	Flexibility Be willing to take risks Have comfort with navigating ambiguity Be flexible in one's views or approach to learning new things	Goal-Setting Identify career options and mapping a pathway Identify potential majors based on interest and goals Select courses	Self-Efficacy Have confidence in being successful in first year of college Feel confidence in navigating new environments--making sense of them
Life Competencies: <i>Valuable mindsets for life in college and beyond.</i>	Be assertive Express needs and feelings to others Understand the techniques to communicate ideas effectively across diverse audiences	Dig Deeper Interrogate one's own beliefs and assumptions Don't take ideas at face-value--dig deeper to unpack the source, context, evidence and claim.	Be Reflective Build Self-Awareness Develop skills in "emotional intelligence" Be able to recognize, understand, label, express, and regulate emotions.	Be collaborative Work with peers to successfully complete an assignment. Seek out new and different perspectives including those that are in disagreement	Be open Wonder and imagine possibilities Be open to and explore new ideas and methods	Be Resilient Set goals that align with values and are forward-thinking Recognize the importance of self-motivation	Seek Challenge Cultivate perseverance Positively reframe challenges and setbacks to stay optimistic and calm when things are difficult, even overwhelming