



TEXAS TECH UNIVERSITY

# Pre-Professional Health Careers™

## Letters of Evaluation Competencies

### **Commitment to Learning and Growth**

Practices continuous personal and professional growth for improvement, including setting and communicating goals for learning and development; reflects on successes, challenges, and mistakes; pursues opportunities to improve knowledge and understanding; and asks for and incorporates feedback to learn and grow.

### **Critical Thinking**

Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.

### **Emotional Intelligence**

The ability to recognize, understand, and deal skillfully with one's own emotions and the emotions of others (as by regulating one's emotions or by showing empathy and good judgment in social interactions)

### **Ethical Center**

Understanding and demonstrating empathy. Willingness to complete tasks effectively by taking essential steps. Incorporating values and principles into one's consistent behavior.

### **Intercultural Competence**

Seeks out and engages diverse and divergent perspectives with a desire to understand and willingness to adjust one's mindset; understands a situation or idea from alternative viewpoints; reflects on one's values, beliefs, and identities and how they may affect others; reflects on and addresses bias in oneself and others; and fosters a supportive environment that values inclusivity.

### **Interpersonal Skills**

Demonstrates an awareness of how social and behavioral cues affect people's interactions and behaviors; adjusts behaviors appropriately in response to these cues; recognizes and manages one's emotions and understands how emotions impact others or a situation; and treats others with dignity, courtesy, and respect.

### **Oral Communication**

Effectively conveys information to others using spoken words and sentences; actively listens to understand the meaning and intent behind what others say; and recognizes potential communication barriers and adjusts approach or clarifies information as needed.

### **Problem Solving**

The act of defining a problem; determining the cause of the problem; identifying, prioritizing, and selecting alternatives for a solution; and implementing a solution.

## **Reliability and Dependability**

Demonstrates accountability for performance and responsibilities to self and others; prioritizes and fulfills obligations in a timely and satisfactory manner; and understands consequences of not fulfilling one's responsibilities to self and others.

## **Resilience and Adaptability**

Perseveres in challenging, stressful, or ambiguous environments or situations by adjusting behavior or approach in response to new information, changing conditions, or unexpected obstacles, and recognizes and seeks help and support when needed; recovers from and reflects on setbacks; and balances personal well-being with responsibilities.

## **Service Orientation**

Shows a commitment to something larger than oneself; demonstrates dedication to service and a commitment to making meaningful contributions that meet the needs of communities.

## **Teamwork and Collaboration**

Collaborates with others to achieve shared goals and prioritizes shared goals; adjusts role between team member and leader based on one's own and others' expertise and experience; shares information with team members and encourages this behavior in others; and gives and accepts feedback to improve team performance.

## **Written Communication**

Effectively conveys information to others by using written words and sentences.

*Evaluators may feel other competencies, characteristics, or experiences are also important to include, but may be more qualitative or academic in nature. Letter writers are encouraged to consider elaborating on these attributes in students' Letters of Evaluation where applicable.*

## **Human Behavior**

Applies knowledge of the self, others, and social systems to solve problems related to the psychological, sociocultural, and biological factors that influence health and well-being.

## **Living Systems**

Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems, including biomolecules, molecules, cells, and organs.

## **Quantitative Reasoning**

Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.

## **Scientific Inquiry**

Applies knowledge of the scientific process to integrate and synthesize information, solve problems, and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.

Adapted from [AAMC](#).