

EWSD Portrait of a Graduate Reflection Prompts

EWSD POG Competency	Definition	Reflection Prompts
Adaptability	Adaptability is the ability to adjust to changing circumstances and work effectively within and across differences, ambiguity, and changing priorities in a global society. EWSD learners are agile in thoughts and actions; productive responders to feedback; open to and understanding of diverse views and beliefs; flexible in acclimating to various roles and situations; and able to seek new and updated information to inform decisions.	<p>Reflection Questions:</p> <ul style="list-style-type: none"> • How have you adapted your work based on the feedback you’ve received? • How did your perspective change when presented with new information? • What did you do when presented with a view or belief that was different from your own? <p>Reflection Starters:</p> <ul style="list-style-type: none"> • While working on this project, I received _____ as feedback and made the following changes because of it. • While learning about _____, I learned that _____. This was different from what I knew before and made me reconsider _____. • While I disagree with what was said, it made me understand _____ better because_____.
Communication	Communication is the ability to convey thoughts, feelings, needs, and information which is essential to our interconnectedness. EWSD learners listen, observe, and read with attention, openness, and curiosity in order to decipher meaning, intentions, and nuances. They formulate and deliver effective spoken, written, and non-verbal messages for various purposes and audiences.	<p>Reflection Questions:</p> <ul style="list-style-type: none"> • How did this project demonstrate your communication skills? • What can you do to improve or enhance how you communicate? • How did you demonstrate good listening skills when engaging with others? <p>Reflection Starters:</p> <ul style="list-style-type: none"> • This assignment shows that I was a good communicator because_____. • I want to try to improve my communication skills by _____. • I was a good listener when I _____.
Critical Thinking	Critical thinking is the clear and rational processing, understanding, and synthesis of information toward informing potential actions and decisions and improving the quality of one’s own thinking. EWSD learners analyze information, evaluate perspectives and data, and make informed decisions.	<p>Reflection Questions:</p> <ul style="list-style-type: none"> • How did you use multiple sources of information to develop a conclusion? • How did you determine that the resources you used were credible? What steps did you take? • How did you use evidence to make informed decisions? <p>Reflection Starters:</p> <ul style="list-style-type: none"> • While completing this assignment, I needed to think critically about_____. • I determined that a resource I used for this assignment was credible by_____.

		<ul style="list-style-type: none"> I want to work on making more informed decisions by_____.
Empathy	Empathy is the awareness of what others think or feel and the demonstration of compassion for one's impact on those experiences. EWSD learners understand the perspectives of others when their experiences, beliefs, identities, or opinions may differ from oneself and consistently treat others with shared humanity and kindness.	<p>Reflection Questions:</p> <ul style="list-style-type: none"> What have you done to understand the experiences of others better? How did you change your actions after considering others' experiences, identities, or beliefs? How will you continue to improve your ability to understand others better? <p>Reflection Starters:</p> <ul style="list-style-type: none"> After reading/watching/listening to _____, I was able to understand how my actions can impact others. After learning more about others' experiences, identities, and beliefs, I _____. To continue learning about others, I want to_____ and will do so by _____.
Financial Literacy	Financial Literacy equips students with the knowledge and skills necessary to make informed financial decisions throughout their lives and to promote financial stability and well-being. EWSD learners are adept at establishing goals, developing plans, assessing risk, evaluating opportunities, and making well-informed decisions that positively impact personal finance. In addition, they are aware of economic and financial trends and fully understand the financial environment.	<p>Reflection Questions:</p> <ul style="list-style-type: none"> How has this assignment helped you to understand financial decisions better? Based on what you've learned, what goals can you set for yourself to promote your financial stability? What did you learn about personal finances that you didn't know before, and what would you still like to learn? <p>Reflection Starters:</p> <ul style="list-style-type: none"> This assignment informed my financial decisions by _____. I have a financial goal to _____. To achieve this goal, I will _____, _____, and _____. Before doing this assignment, I didn't know about _____. This makes me want to learn more about _____.
Personal Wellness	Personal wellness is a balanced and healthy state of physical, mental, and emotional growth. EWSD learners make positive choices that promote healthy habits based on individual needs.	<p>Reflection Questions:</p> <ul style="list-style-type: none"> How are you taking care of your physical and mental well-being? What habits can you create to improve your health and wellness? What resources can you access to ask for assistance if you need to, and how will you access them? <p>Reflection Starters:</p> <ul style="list-style-type: none"> I am taking care of my well-being by _____. With practice, I will implement new habits like _____ to improve my health and well-being. I know that I can ask _____ for help for _____. When this is needed, I will _____.