



Core Personal Competencies for Entering Health Professions

This list represents a core set of entry-level personal competencies required for success at most medical and dental schools. It is not intended to be exhaustive of all the entry-level competencies required for students to be successful in medical school.

Competency Definition

- **Ethical responsibility to self and others** - Behaves in an honest manner; cultivates personal and academic integrity; adheres to principles; follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; develops and demonstrates ethical and moral reasoning.
- **Reliability and dependability** - Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.
- **Service orientation** - Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress; recognizes and acts on his/her responsibilities to society, locally, nationally, and globally.
- **Social skills** - Demonstrates an awareness of others' needs, goals, feelings, and the ways that social and behavioral cues affect people's interactions and behaviors; adjusts behaviors appropriately in response to these cues; treats others with respect.
- **Capacity for improvement** - Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.
- **Resilience and adaptability** - Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.
- **Cultural competence** - Demonstrates knowledge of social and cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one's own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in self and others; interacts effectively with people from diverse backgrounds.
- **Oral communication** - Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.
- **Teamwork** - Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.