

#LifeAfterMW & You

Reference this document when talking with students about the #LifeAfterMW competencies! It should help during advising, conversations with students around preparing for their futures, and when thinking about how to incorporate the competencies into your classroom!

Critical Thinking & Problem Solving

Identify and respond to needs based upon an understanding of situational context and logical analysis of relevant information.

Use role-play or in-class debates to work through complex concepts, apply learned material to a novel situation through case studies



Digital Fluency

In an increasingly digital world, it is essential to gain experience with the tools of digital creation, practice creating content ethically and effectively, and recognize how what you do online impacts your online identity.

Incorporate projects that allow students to explore building websites, creating podcasts, recording videos, and creating graphics to represent their learning.



Leadership

Leverage the strengths of others to achieve common goals, and use interpersonal skills to coach and develop others. The individual is able to assess and manage their emotions and those of others; use empathic skills to guide and motivate; and organize, prioritize, and delegate work.

Lead class discussions and receive feedback from instructor and peers, lead parts of class projects and receive feedback, leadership self-assessments and reflection, interview leaders in the field and reflect, develop personal growth plans related to becoming leaders in the field.



Career, Self-Development & Professionalism

Proactively develop oneself and one's career through continual personal and professional learning, awareness of one's strengths and weaknesses, navigation of career opportunities, and networking to build relationships within and without one's organization. Knowing work environments differ greatly, understand and demonstrate effective work habits, and act in the interest of the larger community and workplace.

Use Big Interview as a class assignment, incorporate informational interviews with professionals in the field, include a professionalism grade with feedback throughout the semester, practice discussing skills learned in class that will transfer to work



Teamwork & Collaboration

Build and maintain collaborative relationships to work effectively toward common goals, while appreciating diverse viewpoints and shared responsibilities.

Peer reviews with reflection, active learning teams, evaluations throughout semester-long projects with included discussion time about how to improve, create team charters and ground rules.



Global Awareness & Intercultural Competence

Global awareness/intercultural competence are the building blocks of inclusive excellence and effective engagement with others in your everyday life. The ability to analyze new information, be open-minded, be aware of other cultures and global systems, and appropriately engage with individuals with different backgrounds and beliefs leads to more equitable and inclusive experiences for all.

Assign course readings from various global viewpoints, practice perspective-taking, connect class topics to JFMC events and encourage attendance, set ground rules for discussions and encourage students to research viewpoints that oppose their own



Civic Engagement & Community Service

Understand the importance of participating in civic engagement that may include community service, political activities, or other community engagement that contributes to the betterment of the community or society.

Have students work with local non-profits on research projects, interview community members or attend community events, encourage students to share their disciplinary knowledge and teach disciplinary skills to the community.



Well-being & Mindfulness

Thrive at and beyond the University of Mary Washington by recognizing connections among physical, emotional, mental, and other areas of wellness. Demonstrate the ability to recognize challenges as opportunities for growth.

Journaling around sleep or other well-being practices to recognize patterns and develop improvement plans, create well-being discussion topics in online classes, discuss well-being practices specific to your field (e.g., financial well-being, cultural well-being, mental well-being, physical well-being, etc.)



Meaningful Connections

Actively seeking to create an awareness of and appreciation for meaningful interactions with others that enriches our own sense of community and purpose. Demonstrate empathy, openness, respect, positive communication, and support as you build relationships with peers and others.

Reflection on engagement with community partners, set ground rules and norms as a class to start the semester, attend networking events related to field and reflect.



Communication

Clearly and effectively exchange information, ideas, facts, and perspectives with persons inside and outside of an organization.

Reflect on communication during group projects, present in the classroom or at conferences and reflect, incorporate practice time for communication into class time.





Brainstorm With Colleagues

We want faculty to have conversations about incorporating these competencies into the classroom. You already do so much! Let's align it with the competencies and/or brainstorm new ways to incorporate the competencies into your class. Use this side to fill in what you already do in each of these areas. Then, share it with your colleagues and add ideas as you have these discussions!

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