EXCEL+
CAREER READINESS plus LEADERSHIP

Career & Self-Development - Competency Worksheet

10 points are needed in each section for the badge requirement. The Reflection Essay (500 words) is a requirement for meeting the Career Management Activity points. It is recommended that you keep track of the tasks you do in each category to assist you in writing your essay.

Learning Activity	Pt. Value	Experiential Activity	Pt. Value	Career Management Activity	Pt. Value
Example: R'Success Workshop: Stress Management	1	RISE Scholars Presentation	5	Career Center Activities: Graduate, Professional & Law School Fair	3
				REQUIRED: Reflection Essay (1 point)	
Learning Activity Total Points		**Experiential Activity Total Points**		**Career Management Activity Total Points**	
				Career & Self-Development pt. total	