

Competency Goal Setting Worksheet

Take some time to reflect on how each competency is relevant to your future and consider opportunities for further development. Use the [FRTF Overview](#) to explore descriptions and behaviours associated with each competency.

Competency	Why is it important to me and my future?	How could I further develop this competency?
Context-specific skills Acquire and strengthen knowledge and skills relevant to a specific discipline or context.	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
Information & data literacy Find, evaluate, interpret, synthesize, and use information and data effectively.	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
Technological agility Assess, select and use technologies to simplify and streamline the work required to reach the desired outcomes. Demonstrate keenness and aptitude for new technologies.	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
Self-management Act with professionalism, regulating behaviour for task and interpersonal challenges.	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
Self-assessment Reflect on how one's motivation, strengths and areas of challenge relate to contribution to the workplace. Seek feedback and remain curious and honest regarding one's knowledge, skill and abilities.	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
Lifelong learning & career development Explore relationship between personal values and interest and occupation options. Set career and learning goals. Identify and pursue professional opportunities and connections to help reach goals. Track progress.	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •

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<p>Communication Articulate thoughts, ideas, and possibilities clearly and effectively in written and oral forms to person's outside the organization. Listen actively and ask questions to empathetically understand other people's viewpoints.</p>	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
<p>Collaboration Share responsibilities as a positive team member to solve problems and meet goals.</p>	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
<p>Intercultural effectiveness Seek contributions from, work cooperatively with, and express respect for people from diverse backgrounds and differing organizational perspectives.</p>	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
<p>Innovation mindset Make unconventional or creative connections across industries, contexts, or fields that enable the creation of ideas, approaches and application of technology.</p>	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
<p>Critical thinking Analyze problems critically, evaluate alternatives, and select the best course of action.</p>	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
<p>Implementation Structure, coordinate, organize, and successfully complete projects and tasks.</p>	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •

