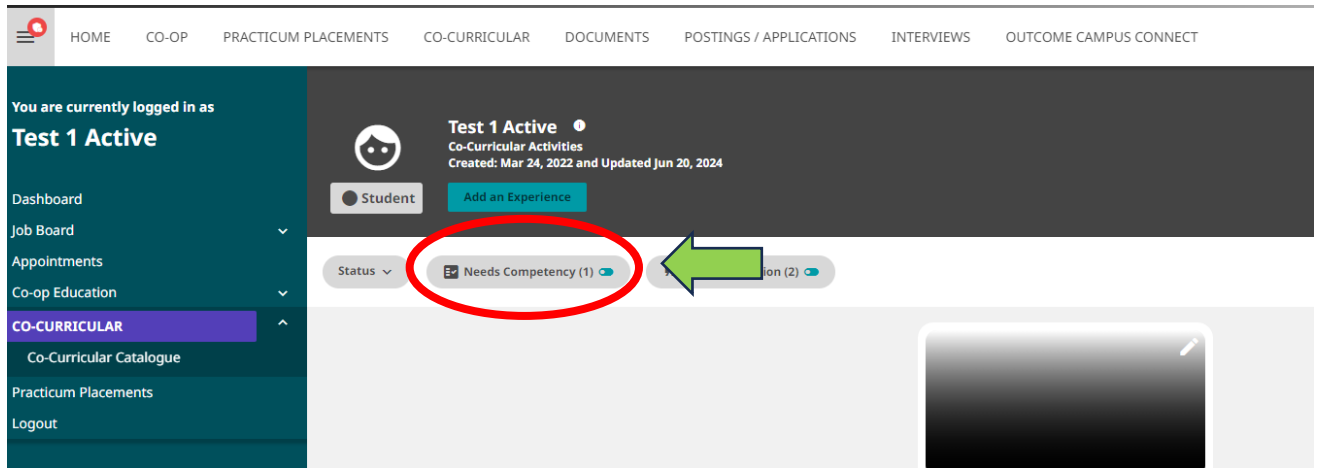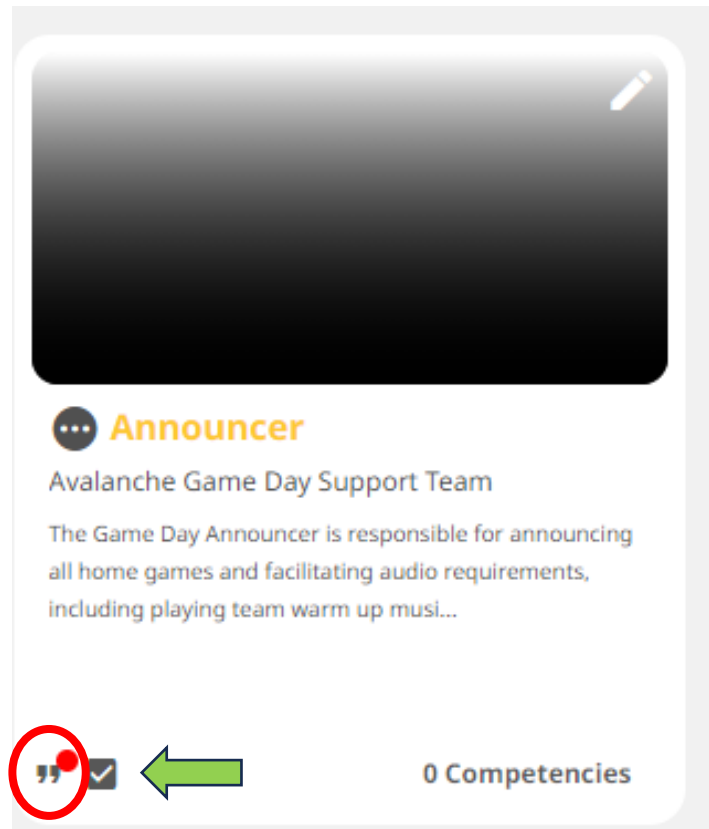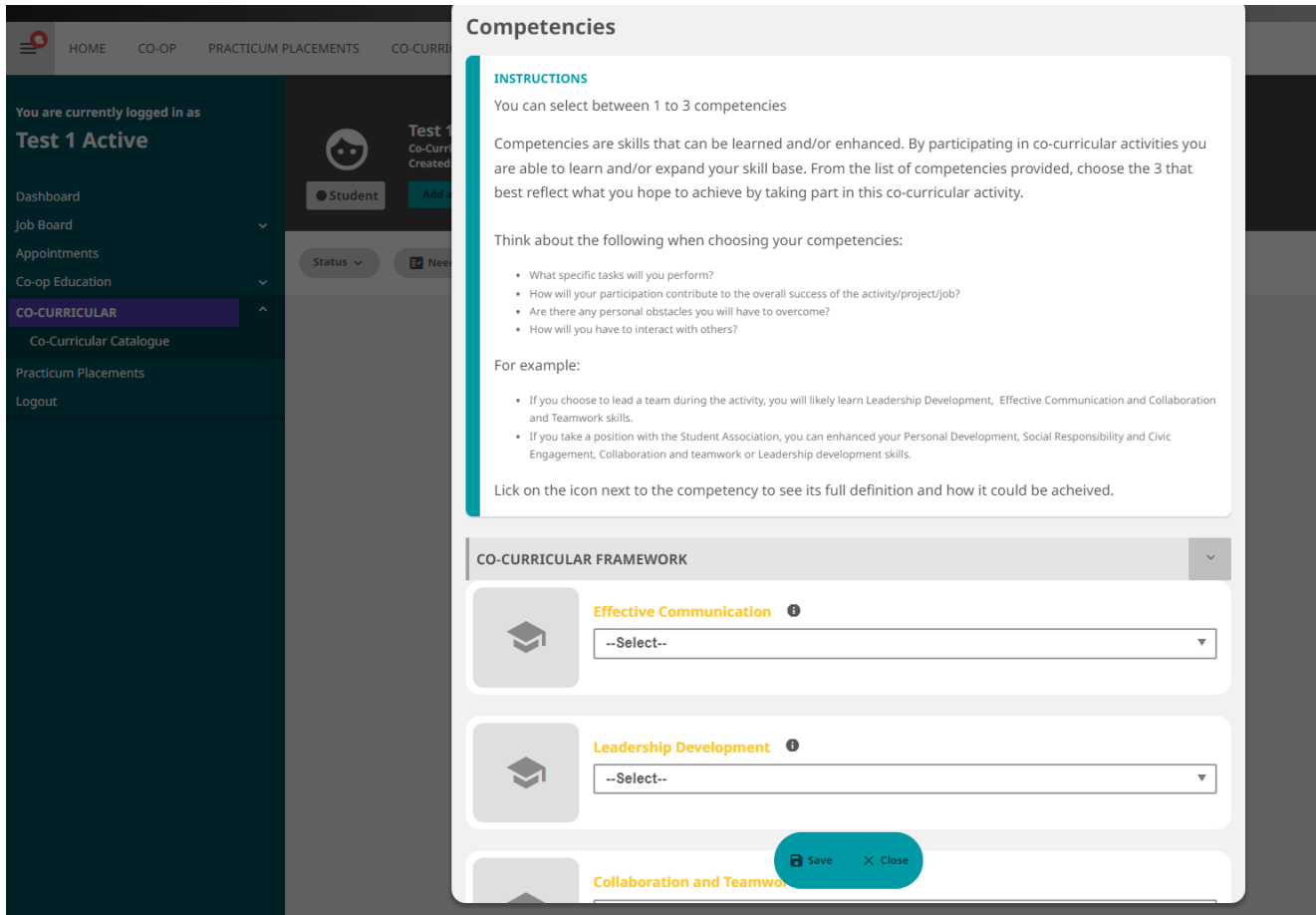# How to add Competencies to your Co-curricular Profile

1. To add your competencies on the activity or position you participated in, go to the Co-curricular landing page, and click the **Needs Competency** button.

2. Click on the **quotation marks with the red dot**. A new screen will open, with instructions and examples on how to proceed.

3. Pick the competencies that resonate with you the most in relation to your experience and what you accomplished.
4. Make sure to hit Save.

College of the Rockies has 12 Competencies from which to choose from:

1. Effective Communication
2. Leadership Development
3. Collaboration and Teamwork
4. Creativity, innovation and Entrepreneurship
5. Health and Wellbeing
6. Social Responsibility and Civic Engagement
7. Professionalism
8. Personal Development
9. Contribute to and Advance Truth and Reconciliation
10. Sustainability and Globalization
11. Digital Literacy
12. Research and Analysis

Link to COTR Competencies descriptions and examples.