## 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 Cocurricular landing page, and click the **Needs Competency** button.

| HOME CO-OP PRACT                             | CO-CURRICULAR   | DOCUMENTS POSTINGS / APPLICATIONS                 | INTERVIEWS | OUTCOME CAMPUS CONNECT  |
|--|---|---|------------|---|
| You are currently logged in as Test 1 Active | Co-Curricular Ac<br>Created: Mar 24,                    | /e ●<br>tivities<br>2022 and Updated Jun 20, 2024 |            |   |
| Dashboard                                    | Student Add an Experi                                   | ence  |            |   |
| Job Board                                    | ×   |   |            |   |
| Appointments                                 | Status 🗙 🖪 Needs Compe                                  | itency (1)  |            |   |
| Co-op Education                              | <ul> <li>Inclusion of the second competition</li> </ul> |   |            |   |
| CO-CURRICULAR                                | ^   |   |            |   |
| Co-Curricular Catalogue                      |   |   |            | <ul> <li>Image: A set of the set of the</li></ul> |
| Practicum Placements                         |   |   |            |   |
| Logout                                       |   |   |            |   |
|  |   |   |            |   |



Avalanche Game Day Support Team

The Game Day Announcer is responsible for announcing all home games and facilitating audio requirements, including playing team warm up musi...

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.

|                                | M PLACEMENTS CO-CURRI | Competencies  |  |
|--------------------------------|-----------------------|---|--|
|                                |                       | INSTRUCTIONS  |  |
| You are currently logged in as |                       | You can select between 1 to 3 competencies  |  |
| Test 1 Active                  | Co-Curri<br>Created   | Competencies are skills that can be learned and/or enhanced. By participating in co-curricular activities you are able to learn and/or expand your skill base. From the list of competencies provided, choose the 3 that  |  |
| Dashboard                      | • Student Add a       | best reflect what you hope to achieve by taking part in this co-curricular activity.  |  |
| Job Board Spointments          | Status 🗸 🖬 Neer       | Think about the following when choosing your competencies:  |  |
| Co-op Education                |                       | What specific tasks will you perform?   |  |
| CO-CURRICULAR                  |                       | Are there any personal obstacles you will have to overcome?   |  |
| Co-Curricular Catalogue        |                       | How will you have to interact with others?  |  |
| Practicum Placements           |                       | For example:  |  |
| Logout                         |                       | If you choose to lead a team during the activity, you will likely learn Leadership Development, Effective Communication and Collaboration and Teamwork skills.  |  |
|                                |                       | <ul> <li>If you take a position with the Student Association, you can enhanced your Personal Development, Social Responsibility and Civic Engagement, Collaboration and teamwork or Leadership development skills.</li> <li>Lick on the icon next to the competency to see its full definition and how it could be acheived.</li> </ul> |  |
|                                |                       | CO-CURRICULAR FRAMEWORK   |  |
|                                |                       | Effective Communication   Effective Communication Select  |  |
|                                |                       | Leadership Development •  |  |
|                                |                       | Collaboration and Teamwo.   |  |

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

- 1. Effective Communication
- 3. Collaboration and Teamwork
- 5. Health and Wellbeing
- 7. Professionalism
- 9. Contribute to and Advance Truth and Reconciliation
- 11. Digital Literacy

- 2. Leadership Development
- 4. Creativity, innovation and Entrepreneurship
- 6. Social Responsibility and Civic Engagement
- 8. Personal Development
- 10. Sustainability and Globalization
- 12. Research and Analysis

Link to COTR Competencies descriptions and examples.