



Intrapersonal Competencies

COMPETENCY

Intrapersonal competencies, the attitudes and qualities existing or occurring within you as an individual, lay important groundwork for the behaviors we exhibit to others.

Medical, dental and veterinary schools are intensely interested in these attitudes and personal qualities because the clinical setting in which doctors, dentists and veterinarians practice are sensitive places which need individuals with strong personal characteristics.

There are many specific areas that are important to effective professional behavior. Following are four that are considered crucial by the Association of American Medical Colleges.

BEHAVIORS

Ethical Responsibility to Self and Others: the duty to follow a morally correct path; particularly for care givers, the ability to live and work in a way that accounts for the welfare of people.

Reliability and Dependability: the quality of a person to be consistently good in quality of work or performance; being trustworthy.

Resilience and Adaptability: the capacity to withstand stress and difficulties; the ability to effectively deal with changed circumstances or environment.

Capacity for Improvement: the ability to recognize the need for personal improvement and the willingness and motivation to effectively initiate such an effort.

APPLICATION

These intrapersonal competencies involve the ability to introspect and self-reflect.

They are also about a person's capability to be aware of their own emotional states, feelings and motivations.

Within the context of clinical practice, care givers are expected to exhibit a personal presence which focuses on the needs of the patient.

How do you feel you exhibit these qualities?

How will you present such evidence in your application for admission?