Fall 2021
Husky Health Foundations
Workshops:
Understanding Your Values
Agenda

I. Staff Introductions
II. Introduction to Core Competencies
III. Understanding Your Values
IV. Wrap Up
Advisors

- Erin Ciarimboli, PhD, Director
- Thomas Abbott, PhD (Pre-Dental)
- Emma Belliveau, BS
- Heather Nunes, MS
- Paris Pruitt, MA
- Krista Rogers, MA
- Susan Ruggiero, MS
- Keat Sanford, PhD

- Advisor profiles
Health Professions Peer Ambassadors

- Six inaugural members
- Details coming soon [here](#)!

Aesha
Anthony
Keely
Nour
Qristine
Yulianny

UCONN
PRE-MEDICAL AND PRE-DENTAL ADVISING OFFICE
AAMC 15 Core Competencies

Pre-Professional
- Capacity for Improvement
- Cultural Competence
- Ethical Responsibility to Self and Others
- Oral Communication
- Reliability and Dependability
- Resilience and Adaptability
- Service Orientation
- Social Skills
- Teamwork

Science
- Human Behavior
- Living Systems

Thinking & Reasoning
- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication
Values & Core Competencies
Example Values

- Achievement
- Ambition
- Caring
- Charity
- Collaboration
- Creativity
- Curiosity
- Dependability
- Empathy
- Encouragement
- Ethics
- Fairness
- Family
- Flexibility
- Growth
- Happiness
- Health
- Individuality
- Innovation
- Kindness
- Leadership
- Learning
- Making a Difference
- Power
- Punctuality
- Professionalism
- Quality
- Recognition
- Reliability
- Resilience
- Safety
- Spirituality
- Success
- Understanding
- Wealth
- Well-being
- Wisdom
What are your values?

- What are your top values?
- Why are they your values?
- Who or what has influenced your values?
- How do you demonstrate these values?
AAMC 15 Core Competencies

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AAMC Four-phase career planning process

1. Understand Yourself
2. Explore Options
3. Choose your Specialty
4. Prepare for Residency
Additional Resources

UConn Leadership & Organizational Development
- https://leadership.uconn.edu/

Core Competency Workbook
- https://students-residents.aamc.org/media/10606/download

The Major Experience at UConn
- https://tme.uconn.edu/explore-self/values/
Fall 2021 Series

- **Group Advising**
  - 11/15 (12-1:30 pm)

- **Husky Health Foundation Workshops** (Tu / 2 pm-3 pm)
  - 11/9: Exploring health professions

- **Chat with Alumni** (W / 7 pm-8 pm)
  - 10/27: Growth years
  - 11/17: MD/PhD programs

Find out more here!
Stay in Touch!

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Rowe Building, 4th floor (M, Tu, Th)

Make an appointment or join us for in person or virtual drop in hours!