

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**

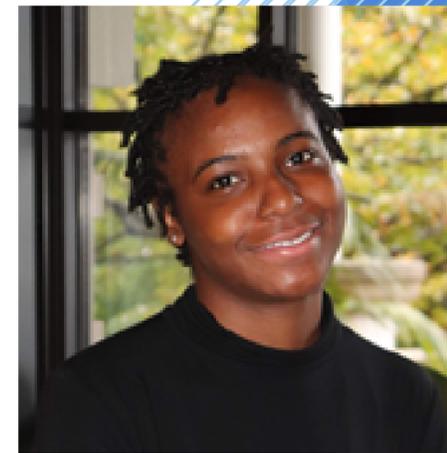
UConn

PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE



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
Kristine
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

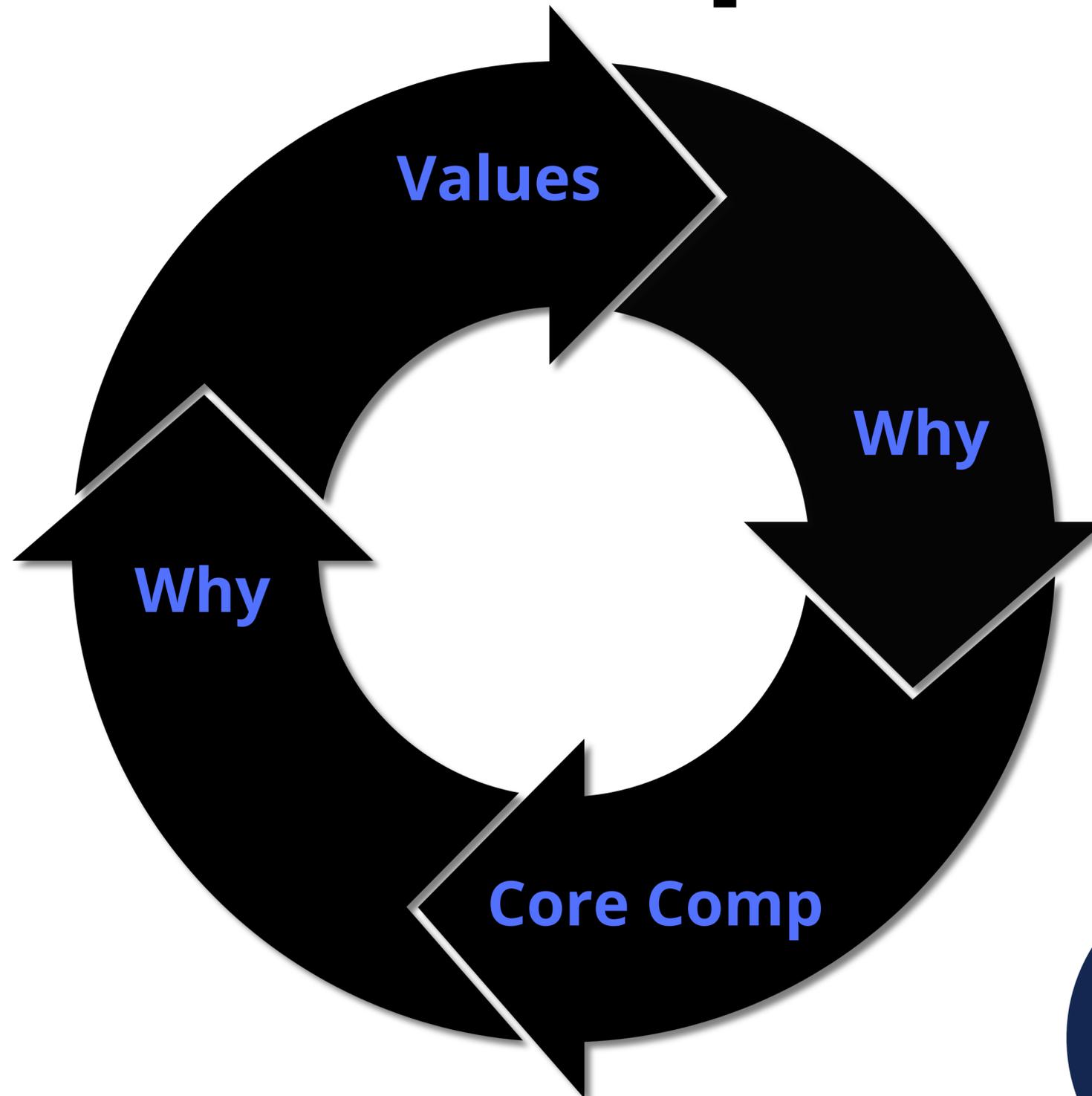
Thinking & Reasoning

- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication

UConn

PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE

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

UConn

PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE

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?

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

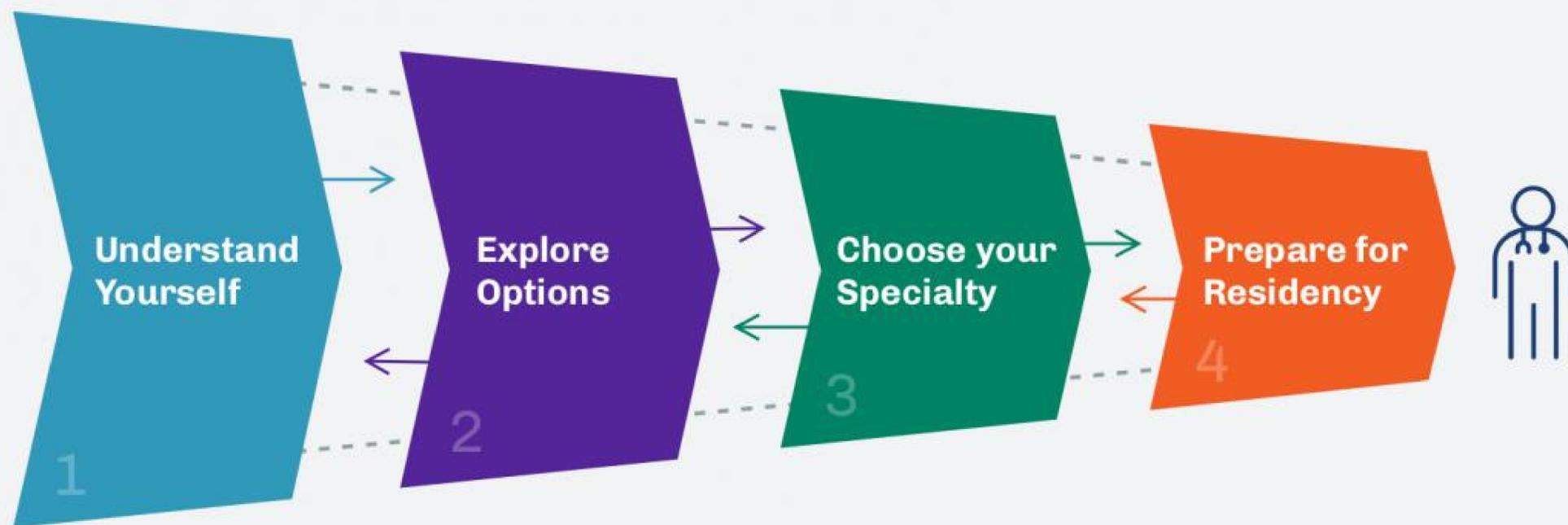
Thinking & Reasoning

- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication

UConn

PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE

AAMC Four-phase career planning process



UConn

PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE

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!](#)

UConn

PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE

Stay in Touch!

premed.uconn.edu

premed_predental@uconn.edu

Instagram: [uconn_premed_predental](https://www.instagram.com/uconn_premed_predental)

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

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

UConn

PRE-MEDICAL AND
PRE-DENTAL ADVISING
OFFICE