

## WHERE TO DEVELOP COMPETENCIES

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Anywhere! Developing competencies isn't limited to the workplace. You can develop and practice your competencies through many different types of experiences, including:

- Formal education (university or college courses)
  - Work experience (paid employment, contracts, volunteer work, co-op work terms, internships and more)
  - Training courses (skill development workshops, workplace seminars, certification courses and more)
  - Life experiences (travel, recreational activities, interests, hobbies, community involvement, family commitments etc.)
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### Try these strategies for developing competencies:

- + Develop your competence in personal management by making a schedule of when your academic assignments are due and identifying strategies to complete them well and on time
- + Your volunteer work can help you develop your social responsibility
- + A group assignment that's due next week is the perfect chance to practice teamwork by contribution to the overall team outcome

By applying your competencies in different situations, you'll learn faster and understand yourself even more. Plus, you'll wow employers and others with examples of how you've applied your competencies in diverse scenarios.