Interpersonal competencies
Interpersonal competence is your ability to communicate with others and maintain healthy relationships. It includes interacting with others in a way that builds respect, trust and cooperation. Traits include:

► Service orientation
► Social skills
► Cultural competence
► Teamwork
► Oral communication

Intrapersonal competencies
Intrapersonal competency is about understanding your own thoughts, emotions and behaviors. Traits include:

► Ethical responsibility to self and others
► Reliability and dependability
► Resilience and adaptability
► Capacity for improvement

Thinking and reasoning competencies
These competencies are about your ability to analyze information and solve problems. Traits include:

► Critical thinking
► Quantitative reasoning
► Scientific inquiry
► Written communication

Science competencies
These competencies cover specific areas of science that are important for physicians to be proficient in. Traits include:

► Living systems
► Human behavior

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