

CAREER READY PRACTICE



#6 Remain Resilient in a Changing Workplace & World of Work

Career-ready individuals have the ability to adjust to change and remain resilient in the face of challenges, both within a workplace and throughout their careers. This Career Ready Practice involves maintaining a positive attitude despite challenges and being open to new ideas and feedback. Individuals seek to act in ways that contribute to the betterment of themselves and their teams, families, community, and workplace. Developing adaptability, flexibility, and resilience helps individuals navigate career transitions, embrace new opportunities, and maintain productivity and well-being under pressure. This Career Ready Practice also includes attending to one's own mental well-being and developing an appropriate work-life balance to sustain productivity, reduce stress, and enhance overall quality of life, which directly affects professional performance and satisfaction.

Individual Competencies	4 Exceeds Competency	3 Meets Competency	2 Approaching Competency	1 Not Yet Reached Competency	Keyword(s)	Points Given
Adapt to varied roles, responsibilities, schedules, and contexts.	Readily adapts to varied roles, responsibilities, schedules, and contexts in a variety of conditions.	Adapts to varied roles, responsibilities, schedules, and contexts.	Attempts to adapt to varied roles, responsibilities, schedules, and contexts.	Does not attempt to adapt to varied roles, responsibilities, schedules, or contexts.	Adaptability	
Work effectively in a climate of ambiguity and changing priorities.	Works effectively in a climate of ambiguity and changing priorities in a variety of conditions.	Works effectively in a climate of ambiguity and changing priorities.	Attempts to work effectively in a climate of ambiguity and changing priorities.	Does not work well in a climate of ambiguity and changing priorities.	Change Management	
Demonstrate learning acquisition and application skills by requesting help when needed and then contributing to the success of the group by assisting others.	Consistently requests help at appropriate times and when needed (e.g., asking questions after consulting manuals on policies and procedures, knowing when to seek help from others or supervisors).	Usually requests help at times when needed (E.g., asking questions after consulting manuals on policies and procedures, knowing when to seek help from others or supervisors).	Sometimes requests help when needed (e.g., asks questions before consulting manuals on policies and procedures, sometimes seeks help from others or supervisors).	Does not request help when needed (e.g., doesn't ask questions of others or supervisors).	Lifelong Learning	

Is accountable for results.	Consistently and accurately completes tasks and takes responsibility for work.	Takes responsibility for work completed and not completed.	Takes limited responsibility for not completing work.	Does not take responsibility for completed or uncompleted work.	Mindfulness	
Work Positively.	Has a positive outlook and creates a positive work environment for all involved while working on projects.	Is constructive with criticism when working with others. Has a positive attitude towards tasks, projects, and others.	Occasionally has a negative attitude towards tasks, projects, and/or others.	Typically, is negative toward tasks, projects, and/or others.	Resilience	

TOTAL POINTS GIVEN: ____/5=____SCORE