

Resilience				
Criteria	Expert	Practitioner	Apprentice	Novice
Persists in finding necessary resources to accomplish goals.	Stays on task no matter how difficult it is to find the answers to problems. Evaluates the use of a variety of strategies to solve the problem. Searches for and draws on wide range of resources.	Stays on task when trying to find answers or solutions to problems. Draws on available resources.	Tries to complete tasks when the answers or solutions are not readily available, but gives up when task is too difficult. Gets off task easily. Draws on limited range of resources.	Gives up easily and quickly on difficult tasks. Is unaware of resources.
Demonstrates flexibility and adapts readily to change.	Shifts priorities in response to the changing demands of a situation. Plans ahead, but has alternative options in case things go wrong or alternate decisions are made.	Shifts priorities in response to the changing demands of a situation. Adjusts resources, tasks, and schedule as needed.	Looks for ways to make changes work rather than identifying why changes won't work.	Clings to the original plan/process when circumstances change.
Develops and accesses a system of supports.	Easily seeks and offers help according to knowledge of strengths and weaknesses in self and others. Uses interdependence to achieve common goals.	Seeks to discover strengths and weaknesses of self and others, and doesn't hesitate to use that knowledge to seek or offer help when needed.	Recognizes strengths and weaknesses of self and others, and offers help once a need is identified.	Works independently without consideration of strengths and weaknesses, rarely asking for or offering help.
Breaks an initially complex task into manageable steps.	Independently breaks complex tasks into manageable steps. Sets mini-targets for daily/weekly accomplishments. Frequently evaluates progress along the way, adjusts as necessary, and celebrates wins.	Independently breaks complex tasks into manageable steps. Sets mini-targets for daily/weekly accomplishments. Evaluates progress along the way and adjusts as necessary.	With assistance, can break the larger task into smaller components and schedule their completion.	Task appears so complicated he/she doesn't know where to begin.
Uses humor to maintain perspective.	Is almost always able to laugh at self. Has the ability to perceive situations from an original, interesting, and more positive vantage point. Challenges self to remain playful and find the whimsical and unexpected in potentially tense situations.	Is usually able to laugh at self. Usually has the ability to perceive situations from an original, interesting, and more positive vantage point. Understands and uses humor appropriately as a coping tool.	Not yet able to laugh at self, but can see situations from a more positive vantage point when encouraged to do so.	Finds humor in all the wrong and inappropriate places such as human differences and ineptitude. Unable to laugh at self.



College Unbound Lifelong Learning Competencies

Enjoys learning.	Enjoys figuring things out independently. Challenges self to be a lifelong learner. Is curious about the world around them. Looks for problems to solve.	Enjoys learning. Is curious about the world around them. Looks for problems to solve.	Occasionally challenges self to figure things out independently. Is not yet very curious about the world around them.	Is a passive learner. Avoids challenging courses, tasks, readings, asking, “When am I ever going to use this?”
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