

Personal and Ethical Foundations

The Personal and Ethical Foundations competency area focuses on skills associated with ethical codes and professional standards, self-assessment and reflections, and wellness and living.

Student affairs professionals' main role is student support, and they must uphold the university's values, which include being accountable and responsible for their actions. For this competency, my skill level is intermediate as I continue to learn.

As a graduate student and future student affairs professional, it is important to complete self-assessments through reflection every day. This means making sure I am getting proper rest and maintaining healthy habits, physically and mentally, as doing so will allow me to show up professionally.

Through applied experience, I strive to make a positive impact on those I encounter professionally. Whether it is providing support to peer mentors or encouraging a student athlete to complete their assignment. I am always striving to represent myself and the university well. This demonstrates my commitment to ethical practice.

Although I have a good understanding of this competency, I will continue to reflect, assess, and align myself with university policies and standards as I prepare for a career in student affairs.