

REALISTIC

Sample Competency Building Activities



Volunteer to serve as the project manager for a group project in a class.



You're in the middle of a lake and your boat is leaking. Brainstorm 3 solutions to this problem and rate each solution.



Try using a physical planner to prioritize assignments and meet deadlines in your courses.



Build a Raspberry Pi robot.



Attend a Habitat for Humanity build day.



Volunteer to serve as a Big Brother or Big Sister with your local Boys & Girls club.



Engage in a curiosity conversation with a engineer, farmer, mechanic, or other realistic occupation that interests you.



Record yourself giving step-by-step instructions on how to build something. Watch the recording, see how you can improve your presentation and try it again.



Try a yoga class and record your feelings about your well-being before and after class.

INVESTIGATIVE

Sample Competency Building Activities



Volunteer as a tutor for a local elementary or middle school.



Research a new scientific breakthrough that interests you.



Practice your interviewing skills using VMock or Big Interview.



Join in a Hackathon through your school or local college.



Join a science club at school.



Research how gender or racial bias has been shown to be affecting our society today.



Perform online research into career paths in the scientific or engineering through your career center.



Conduct a curiosity conversation with a scientist, engineer or mathematician.



Try meditating for 5 minutes a day for a week and journal your experience. Analyze your week long experience to see if it positively affected your well-being.

ARTISTIC

Sample Competency Building Activities



Volunteer as a counselor for a theater or arts camp.



Come up with a new ending to a favorite story or novel.



Create an on-line portfolio of your work for sharing with employers or universities.



Take an online course to learn more about a computer program like Photoshop or Illustrator.



Support an theater production or art exhibition at your high school.



Attend an arts or cultural event to learn more about other perspectives.



Perform online research into career paths in the arts or creative career pathways through a school career center.



Conduct an informational interview with an actor, artist, dancer or creative writer.



Learn a new mindfulness technique.

SOCIAL

Sample Competency Building Activities



Join a local youth board engaging with the public.



Complete a critical thinking game or puzzle with friends.



Reach out to an organization doing work of interest and determine how students can get involved.



Create a video or social media post about a relevant cause or issue.



Volunteer at a local community-based organization doing good work in the community.



Participate in an implicit bias awareness training.



Perform online research into career paths in the social pathways through your career center.



Conduct an informational interview with an teacher, social worker, activist or community organizer.



Attend a school social event and make a new connection.

ENTERPRISING

Sample Competency Building Activities



Start a small business or a new school club.



Create a prototype gadget to solve a common frustrating problem.



Develop an elevator pitch to use when meeting new professionals.



Create a website for sale of a product or service.



Collaborate with peers on a fundraiser for your school.



Watch or attend the screening of a documentary featuring a culture other than your own.



Volunteer to work on a campaign for a candidate running for local office.



Practice your power of persuasion by participating in your school's debate or mock trial club.



Advocate for student health and well-being by speaking with someone in leadership at your school.

CONVENTIONAL

Sample Competency Building Activities



Manage a sports team at your school.



Volunteer to score or judge a competition and help craft the a rubric for judging.



Sign up to work in the main or attendance office helping to file.



Watch videos to improve your Excel skills.



Offer to organize and assign roles for your next class group project.



Collect donations for a local charity.



Learn more about conventional career pathways by job shadowing an accountant, surveyor or claims adjuster.



Record a time-lapse video of yourself doing an activity you enjoy.



Take an on-line personal well-being assessment and determine an area you can focus on improving.