

Professionalism Rubric (Co-created)

| Needs Improvement<br>(feedback here) | Proficient   | Excellent<br>(feedback here) |
|--------------------------------------|--|------------------------------|
|                                      | <p><b>Appreciating our colleagues</b></p> <ul style="list-style-type: none"> <li>• Respect others when they are talking by not talking or looking at your phone</li> <li>• Provide positive and constructive feedback when sharing</li> <li>• Honour and acknowledge one another’s contributions, even if you have a different opinion</li> <li>• Share different opinions respectfully</li> <li>• Keep an empathetic outlook (try to imagine how others might be feeling)</li> </ul> <p><b>Appreciating ourselves</b></p> <ul style="list-style-type: none"> <li>• Remind ourselves of what we’re doing well</li> <li>• Focus on our strengths and achievements</li> <li>• Take time to acknowledge our gratitude for what is going well</li> <li>• Identify and quell our inner critic</li> <li>• Be mindful of our mental health and seek positive ways to stay healthy (eat well, connect with friends, go for a walk, sleep enough, reach out when we are struggling)</li> </ul> <p><b>Engaging actively in the course</b></p> <ul style="list-style-type: none"> <li>• Come prepared to class having done the readings</li> <li>• Ask questions/Question everything</li> <li>• Respond to peers’ thoughts with other thoughts or constructive questions</li> <li>• Receive feedback openly</li> <li>• Reach out to the instructor if you have questions or concerns</li> </ul> |                              |