NGP Growth-Oriented Mindset Characteristics

This worksheet is to help OHSU NGP applicants understand the NGP's growth-oriented mindset characteristics. More information can be found on the NGP website.

Writing Prompt	In one page or less, please describe how you embody the 3 characteristics of **1) Adaptability; 2) Commitment to Learning; and 3) Interpersonal and Intrapersonal skills**. Please provide at least one short personal or professional example for each characteristic. Feel free to use examples that are related or unrelated to science, as we value both.
Adaptability	Science, just like life, can be challenging when things go unexpectedly. Our ability to grow and adapt despite these challenges is what helps us conquer them. Adaptability describes our ability to navigate any challenges or barriers that try to limit our success.

Questions to consider:

- Think about a time when plans unexpectedly changed. How did you adapt to the new circumstances?
- Describe a setback, challenge, or difficulty you experienced. How did you overcome it?
- Can you recall a situation where you had to learn something new quickly? How did you approach the challenge?

Commitment to Learning	Our commitment to learning expands our knowledge, learn new skills, and improve our abilities. There are many ways to display a commitment to learning, such as practicing humility by remembering we always have more to learn, asking for help, and remaining open to constructive feedback. This helps supports our success as both scientists and as people.

Questions to consider:

- Describe an instance when constructive feedback contributed to your growth and improvement.
- Have you ever had an instance where feedback was difficult to accept? How did you handle this situation?
- What are times when you've noticed yourself grow the most? What did you learn about yourself along the way?
- Recall a time you asked for help. What led you to it and what did you learn?

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Interpersonal and Intrapersonal Skills	Science relies on collaboration. Collectively, we have all the skills and resources needed to solve complex problems. Strong interpersonal and intrapersonal skills allow us to work together to create supportive environments, to exchange ideas, and to provide constructive feedback for each other's work. Ultimately this leads to better science outcomes and a more enjoyable research experience.

	Interpersonal Skills	The skills you need to work with others and contribute to team goals. Some of these skills include empathy, flexibility, patience, your ability to communicate effectively, listen to others, collaborate, resolve conflict, and be a supportive teammate.

	Intrapersonal Skills	Your ability to reflect on your knowledge, skills, strengths, weaknesses and learning process. It involves being aware of your own learning style, preferences, and areas of improvement. Being aware allows you to seek opportunities for growth.

Questions to consider:

- Describe a situation where you had to adapt your communication style to better collaborate with a diverse group of people. What did you learn about yourself through this experience?

- Describe a time when you received criticism that you felt was unfair. How did you respond to the person providing the criticism, and what did you learn about yourself?

- Describe a time when you had to support someone going through a difficult period. How did you balance offering support with taking care of your own well-being?

- Describe a time when you had to mediate a disagreement between two or more people. How did you approach the situation, and what did you learn about your conflict resolution skills?