
The SAIL Dimensions

Intellectual Agility

Developing the ability to use knowledge, behaviors, skills, and experiences flexibly in new and unique situations to innovatively contribute to your field.

Well-Being

Developing the knowledge, skills and behaviors necessary to live a balanced and fulfilling life.

Personal & Professional Effectiveness

Developing the confidence, skills, behaviors and values to effectively discern life goals, form relationships and shape your personal and professional identities to achieve fulfillment.



Global Mindset

Developing knowledge, skills and behaviors to live, work and communicate with people whose background, experience and perspectives are different from your own, as well as considering the global impact of your decisions.

Social Consciousness & Commitment

Developing the confidence, skills and values to effectively recognize the needs of individuals, communities, and societies and make a commitment to constructively engage in social action.

Skills and Foundational Masteries

(See attached reference sheet for definitions)

Intellectual Agility

- Aesthetic Appreciation
- Computational Thinking
- Design Thinking
- Entrepreneurship
- Information Literacy
- Integrative Thinking
- Quantitative Reasoning
- Strategic Thinking
- Systems Thinking

Global Mindset

- Cultural Agility
- Inclusivity/Inclusive Action
- Systems Thinking

Social Consciousness & Commitment

- Advocacy
- Civic-Mindedness
- Conflict Resolution/Transformation
- Inclusivity/Inclusive Action
- Networking
- Systems Thinking

Personal & Professional Effectiveness

- Coaching/Mentoring
- Conflict Resolution/Transformation
- Financial Literacy
- Negotiation
- Networking
- Organization
- Planning
- Strategic Thinking
- Time Management

Well-Being

- Aesthetic Appreciation
- Boundary Setting
- Self-Care
- Self-Control
- Time Management

Foundational Masteries

Intrapersonal Skills

- Help Seeking
- Independence/Autonomy
- Initiative
- Perseverance/Resiliency
- Resourcefulness
- Self-Efficacy/Confidence

Interpersonal Skills

- Collaboration/Teamwork
- Communication
- Empathy
- Leadership

Attributes

- Comfort with Ambiguity
- Humility
- Integrity
- Mindfulness
- Open-Mindedness

Strategic Toolkit

- Creative Thinking/Innovation
- Critical Thinking
- Decision-Making
- Ethical Reasoning
- Inquiry & Analysis
- Problem Solving

Some questions to consider:

Which dimension(s) were you strongest in? How might that be an asset for an employer?

Which dimension(s) did you have less experience in? How might knowing that impact the types of jobs you may be looking for?

Did you see any themes emerging about the types of skills you used in your different experiences? If so, how might you leverage those skills in the workplace? If not, how might your diverse set of skills be an asset in your co-op?

As you begin or edit your resume, in what ways might you highlight some of the skills you associated with each of the experiences above?

How might you use this information to help target your resume for specific employers? To write cover letters? To better prepare for interviews?

How might you use this information to write cover letters?

How might you use this information to better prepare for interviews?