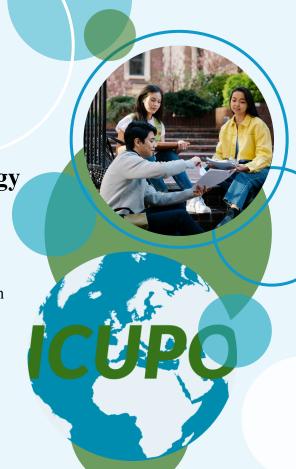# An International Competences Checklist

A Framework for Undergraduate Psychology Students

The categories and statements below are from the International Competences for Undergraduate Psychology (ICUP; icupo.org). Read through the competences and reflect on your experience as an undergraduate psychology student. Check off the competence statements that you feel you have already acquired or are currently being cultivated. By doing so, you will identify which competences require more attention, giving you the opportunity to grow your skillset. And you will also be able to identify the knowledge skills, and values you already can use in work, personal, and community life!

1 Psychological Knowledge

I am able to...

1.1 Evaluate the fundamental concepts, theories, principles, methodologies and methods of psychology, including acknowledgement of multiple ways of knowing (e.g., Western, Non-Western, Indigenous).

1.2 Critically reflect on the history and current context of the discipline of psychology and its philosophical, social-cultural, historical, and geopolitical influences.

1.3 Identify the distinctive contribution of the discipline of psychology in relation to other disciplines to understanding the self, others, and contemporary contexts.

2 Psychology Research Methods

I am able to...

2.1 Evaluate the benefits and limitations of the different methodologies, paradigms and core methods of psychological research.

2.2 Identify and formulate research questions; align appropriate methods to the research objective(s) and context; gather and analyse data; interpret and evaluate findings relevant to the methods used; and communicate all aspects of this research process.

2.3 Evaluate the integrity of psychological research in terms of ethical considerations, the influence of personal and social-cultural factors, and the cultural and social appropriateness and impact of the research.

3 Values and Ethics

I am able to...

3.1 Demonstrate ongoing reflexivity regarding personal values and biases and their developmental, social-cultural and contextual influences.

3.2 Evaluate the ethical and legal principles and values of professional codes of conduct relevant to psychological research and practice, and to the academic context.

3.3 Evaluate moral and ethical dilemmas and apply psychology-informed ethical decision-making in diverse cultural, personal and professional contexts.

4 Cultural Responsiveness and Diversity

I am able to...

4.1 Demonstrate reflexivity regarding the impact of one's own and others' historical, social-cultural, and geopolitical contexts and roots in understanding self and others – on an ongoing basis.

4.2 Demonstrate cultural responsiveness and humility, that is, behaviour that is respectful, compassionate, culturally appropriate, and sensitive in relation to individuals, groups, and communities from diverse cultural and personal backgrounds.

4.3 Propose, implement and/or evaluate interventions based on psychological science1 to meet the needs of diverse cultural groups including historically marginalised groups.

5 Critical Thinking and Problem Solving

I am able to...

5.1 Evaluate claims by considering source credibility and validity, the potential for bias, and evidence of multiple perspectives.

5.2 Apply problem-solving to generate ideas to address psychological challenges.

5.3 Form and justify judgements and decisions based on psychological knowledge, skills and values.

5.4 Propose, implement, and/or evaluate interventions to promote critical thinking and creative problem-solving.

6 Communication and Interpersonal Skills

I am able to...

6.1 Demonstrate foundational communication skills using a variety of formats to communicate psychological principles and research findings to diverse audiences.

6.2 Demonstrate collaboration skills that promote understanding, inclusivity, and cooperation among team members.

6.3 Demonstrate appropriate and ethical use of digital technology to facilitate communication and collaboration using a variety of communicative formats.

7 Personal and Professional Development

I am able to...

7.1 Demonstrate ongoing reflexivity regarding one's competences, values, and interactions with others to enhance self-care and the self-regulation of thoughts, feelings, and behaviours.

7.2 Seeks and applies advice appropriately from experts/mentors/supervisors when experiencing limitations in judgment or competence.

7.3 Identify one's career aspirations and requirements and implement a career development plan.

7.4 Propose, implement and/or evaluate interventions to address psychological challenges in workplace contexts.

7.5 Propose, implement, and/or evaluate interventions to meet the psychological needs of communities (local to global), with reference to the United Nations (UN) Sustainable Development Goals (SDGs), such as eliminating racism and human habitat destruction.