



DEVELOPING CAREER-READY STUDENTS THROUGH SUITABLE

USING REFLECTION, COACHING, & THE CAROLINA CAREER COMPETENCIES TO SUPPORT STUDENT SUCCESS

Our Role

Suitable is more than an assessment platform — it is a coaching tool that helps students reflect on their experiences, recognize their strengths, and intentionally develop the Carolina Career Competencies. As professional staff, our role is to facilitate conversations that help students connect their experiences to their personal and professional growth.

The Student Development Journey

Experience → Reflection → Assessment → Conversation → Growth

The assessment starts the conversation. Reflection and coaching create growth.



The Carolina Career Competencies

- Career & Self Development
- Communication
- Critical Thinking
- Leadership
- Professionalism
- Teamwork
- Digital Awareness

Coaching Questions

Instead of asking: “What score did you get?”

- What surprised you about your results?
- Which competency feels strongest?
- Which competency would you like to continue developing?
- What experience influenced that rating?
- What did you learn about yourself through this experience?

Our Commitment

- Reflect on meaningful experiences.
- Recognize their strengths.
- Connect learning to career readiness.
- Continue developing throughout their college journey.

Remind Students

- Focus on one experience when completing the assessment.
- There are no perfect scores.
- Honest reflection leads to meaningful conversations.
- Observer feedback provides another perspective for growth.
- The assessment is the beginning — not the end — of the learning process.

EVERY CONVERSATION MATTERS

Suitable provides the framework. Students provide the experiences. You provide the coaching.