MIDDLE COLLEGE
at College of San Mateo

Who Will You Be When You Graduate?
GRADUATE PROFILE

Critical Thinkers and Communicators

- **Prioritize openness and curiosity.** Express ideas freely and ask questions; sit comfortably with open-ended questions and responses.
- **Engage in discussion-based learning.** Build skills of listening, processing, synthesizing, responding.
- **Make explicit connections.** Connect to self, to history, to future, to now.
- **Build ideas together.** Cultivate a culture of "Yes and"; work to build on the ideas of others, develop a praxis based on those ideas, co-generate possibilities.
- **Hone self-awareness.** Be grounded in yourself; comfortable enough that you can answer a question or contribute without being afraid.
- **Have intellectual integrity.** Hold yourself to the same standards to which you hold others.



Personal and Collective Well-Being



- **Cultivate vulnerability.** Have courage to share in a space that challenges you to grow, consider new perspectives, and lack judgment; ask for help and be willing to help.
- **Practice empathy.** Help everyone feel like they're enough.
- **Develop resilience.** Be able to pick yourself up, reflect and continue on; practice patience and grounding; keep calm in uncertainty; know that temporary pauses are sometimes necessary.
- **Use more of your authentic voice.** Be confident to say what you mean without having to filter yourself; know that when you want to talk about something, you feel safe enough to share and receive the validation of being heard; feel self-empowered.
- **Generate an inner sense of fulfillment and validation.** You don't have to compare yourself to others to be worthy.

Community Engagement

- **Advocate.** Initiate action for yourself and for others and feel equipped with the tools to do so.
- **Practice intellectual humility.** Help each other discover biases and prejudices; have a willingness to learn, listen, and participate.
- **Share collective responsibility.** Show up for yourself and others. Recognize that we are all accountable to each other to create conditions in which we learn and thrive. Form a community through common experiences; recognize that your choices and your perspective impact others.
- **Critically analyze power dynamics and structures.** Question yourself and your world: What is our relationship to authority? How does authority operate?

Self-Determination



- **Hold yourself accountable.** Know what it's like to learn in a mature college environment; practice time management, organization, prioritization and self-care; recognize that showing up prepared impacts the learning environment.
- **Have confidence to try and fail.** Lean into challenges; be intellectually curious; accept if things go wrong; understand that you don't have to be "perfect".
- **Take control of your learning / have agency.** Develop your independence and a college-ready mindset; choose your own path; strive to be reliable and self-sufficient.
- **Feel self-fulfillment and purposeful.** Enroll in classes that are engaging; recognize how your actions have an impact on your future; feel like you can accomplish anything.