

# Professionalism



*Non-defensive and composed under pressure. Demonstrates good judgement and a positive presence in all situations.*

Seek opportunities where you can...

- 1** Be fully present. Act wisely for the task at hand.
- 2** Receive constructive feedback with a positive attitude and growth mindset.
- 3** Seek feedback to identify opportunities for growth.
- 4** Keep your emotions in check during stressful or challenging situations; recognize the impact of your responses on others (awareness of both verbal and nonverbal cues)
- 5** Take responsibility for the quality of your work; understand its impact on your future career.
- 6** Take ownership and pride in your actions.
- 7** Positively influence a group or situation by your attitude and presence.

## Topics for Class Discussion

- ⦿ Personal health/wellness and its impact on your work environment
- ⦿ How to project a professional image; demonstrate readiness for future opportunities

### “Describe professional image”

Your **outward appearance** is the first evidence people see of you and your professionalism.

- Attire and personal hygiene
  - Shower and brush your teeth
- How has society evolved regarding “professional image” (suits and ties, dresses for women, tattoos, hair color, piercings) and does this apply across the board?



### “Is there or should there be a different standard?”

Lawyer/Surgeon vs Plumber/Mechanic

### “What does feedback mean to you?”

- In school, it can be as simple as a grade or comment.
- At work, it can be a formal performance evaluation.
- It can be to address an “issue.”

### How to receive constructive feedback with a positive attitude

#### [Taking Constructive Feedback Like a Champ](#)

### “What does it mean to take responsibility for your actions?”

- Relates to Integrity
- “Not my job”

### “What does it mean to take pride in your work?”

- Do you do just enough to get by or do you go above and beyond?



[How 'Quiet Quitting' Became The Next Phase Of The Great Resignation](#)

### SCENARIO

Marcus is allowed to take 15 minutes break every 2 hours at his job. Marcus began extending his breaks to 25 minutes. His employer issued a warning to Marcus that he can only take up to 15 minutes of personal break time. Marcus feels that 15 minutes is not enough time for a break and continues to extend his time.

**Q** - Should Marcus be allowed to take extra time during his breaks if he feels they are necessary?

