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Connection:

Building belonging, networks, and inclusive relationships across academic, peer, and professional communities.

- Collaboration
- Teamwork
- Networking
- Empathy
- Belonging
- Community engagement
- Active listening
- Relationship building
- Interpersonal communication
- Cultural intelligence
- Mentorship
- Peer learning
- Inclusive communication
- Trust-building
- Embracing diversity through collaboration (UN SDG 16)
- Giving and receiving feedback
- Authentic connection
- Co-creation
- Partnerships (UN SDG 17)

Awareness:

Cultivating identity, wellbeing, and ethical and critical understanding of social and structural contexts.

- Knowledge and specialist skills
- Self-awareness
- Wellbeing literacy (UN SDG 3)
- Mental and Physical health awareness, including sleep and nutrition (UN SDG 3)
- Emotional intelligence
- Strategic and anticipatory thinking
- Social justice awareness (UN SDG 16)
- Cultural sensitivity
- Global citizenship
- Gender and equality awareness (UN SDG 5, 10)
- Identity exploration
- Bias recognition
- Neurodiversity understanding
- Equity literacy (UN SDG 16)
- Critical consciousness
- Resilience
- Values clarification
- Critical positionality
- Contextual awareness
- Time and energy awareness
- Environmental literacy and climate justice awareness (UN SDGs 10, 13)
- Responsible consumption (UN SDG 12)
- Sustainable habits

**Empowerment:**

Enabling students to act with agency, confidence, and voice through inclusive pedagogy and supportive systems.

- Confidence
- Self-efficacy
- Agency
- Motivation
- Initiative and Proactivity
- Goal-setting
- Problem solving
- Values-led decision-making
- Boundary-setting
- Rest as practice
- Advocacy skills
- Public speaking
- Self-promotion
- Digital fluency and AI literacy
- Entrepreneurial mindset (UN SDG 9)
- Economic and financial wellbeing
- Agility
- Career adaptability
- Ethical leadership
- Responsibility
- Civic engagement
- Changemaking
- Creative risk-taking
- Innovation for sustainability (UN SDG 13)
- Sustainable action (UN SDGs)
- Learning through doing / experience as practice

Reflection:

Supporting students to explore purpose, values, and aspirations in relation to their futures.

- Reflective practice
- Self-evaluation
- Strengths and needs assessment
- Feedback literacy
- Critical thinking
- Ethical reasoning
- Sense-making
- Metacognition
- Systems thinking
- Meaning-making
- Positioning
- Narrative identity
- Storytelling
- Values articulation
- Career narrative development
- Personal growth mindset
- Future self-visioning
- Speculative thinking
- Curiosity
- Playful experimentation
- Creativity
- Learning through fun and joy
- Reflecting on social and environmental impact

CARE: A Human-Centred, Whole-Self Framework for Sustainable Student and Graduate Development

Mapped to the United Nations Sustainable Development Goals (UN SDGs)
<https://sdgs.un.org/goals>