

Assessing Your (Verb, Noun, and Adjective) Skills!

Understanding the skills you offer to the world is a key step in deciding what opportunities you may want to pursue and what skills you might like to develop further. For the skills below, rate yourself on a scale of 1 to 5 (5 = very strong, 1 = no ability). After this, you'll be given a few minutes to add some personal trait skills that you feel apply to your transferable skills and knowledge/domain skills.

TRANSFERABLE SKILL / VERB	HOW GOOD ARE YOU AT THIS SKILL?					PERSONAL TRAIT SKILL / ADJECTIVE
Managing time	1	2	3	4	5	
Planning and organizing	1	2	3	4	5	
Resolving conflicts	1	2	3	4	5	
Persuading	1	2	3	4	5	
Negotiating	1	2	3	4	5	
Communicating (<i>written</i>)	1	2	3	4	5	
Communicating (<i>interpersonal</i>)	1	2	3	4	5	
Public speaking	1	2	3	4	5	
Collaborating	1	2	3	4	5	
Mentoring/coaching	1	2	3	4	5	
Speaking/reading/writing two or more languages	1	2	3	4	5	
Researching	1	2	3	4	5	
Analyzing	1	2	3	4	5	
Thinking creatively	1	2	3	4	5	
Adapting to new situations	1	2	3	4	5	
Using social media (e.g. Meta, Snapchat)	1	2	3	4	5	
Using Microsoft Office (e.g. Word, Excel)	1	2	3	4	5	
Using Adobe Suite (e.g. Photoshop, InDesign)	1	2	3	4	5	

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KNOWLEDGE / DOMAIN SKILL / NOUN	SUB-AREA (if applicable, such as chemistry or piano)	HOW GOOD ARE YOU AT THIS SKILL?					PERSONAL TRAIT SKILL / ADJECTIVE
Science <i>(e.g. physical sciences, such as physics or chemistry, and the science of living things, such as biology)</i>		1	2	3	4	5	
History		1	2	3	4	5	
Mathematics		1	2	3	4	5	
Economics		1	2	3	4	5	
Athletics		1	2	3	4	5	
Political science		1	2	3	4	5	
Psychology		1	2	3	4	5	
Health <i>(e.g. public health, nursing)</i>		1	2	3	4	5	
Performing arts <i>(e.g. choir, playing an instrument)</i>		1	2	3	4	5	
Visual arts <i>(e.g. photography, painting)</i>		1	2	3	4	5	
Culinary arts		1	2	3	4	5	
Education		1	2	3	4	5	
Computer science		1	2	3	4	5	

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