

My Skills Checker

Verbal Communication

Telling stories
Explaining ideas to others
Speaking in public
Listening to others
Finding words to describe things

Manual Activity

Keeping fit and involved in sports
Operating machinery
Dismantling or assembling things

Written Communication

Writing essays/stories/letters
Reading
Filling out forms

Managing Projects

Organising events
Following and giving instructions
Planning activities
Organising your study time

People Skills

Leading people
Selling, persuading or influencing people
Working in a team
Sorting out disputes
Listening to and helping others
Teaching/ training others
Accepting criticism

Learning Skills

Understanding how things work
Learning new languages
Understanding concepts

Number Skills

Doing calculations
Budgeting
Remembering figures
Estimating figures
Show figures on a chart
Working out averages, percentages etc.

Creative Skills

Drawing and art
Making artistic items
Designing things
Playing or composing music
Involvement in drama

Problem Solving

Fixing things
Understanding and interpreting information
Working out travel routes
Finding new ways to do things

Using Technology

Using computer packages such as
spreadsheets, etc
Using the internet
Fixing computers

Skills you have that are not included on this list:
