

## Skills Check

Understanding what you are really good at and what you can keep working on can help you become more confident in yourself.

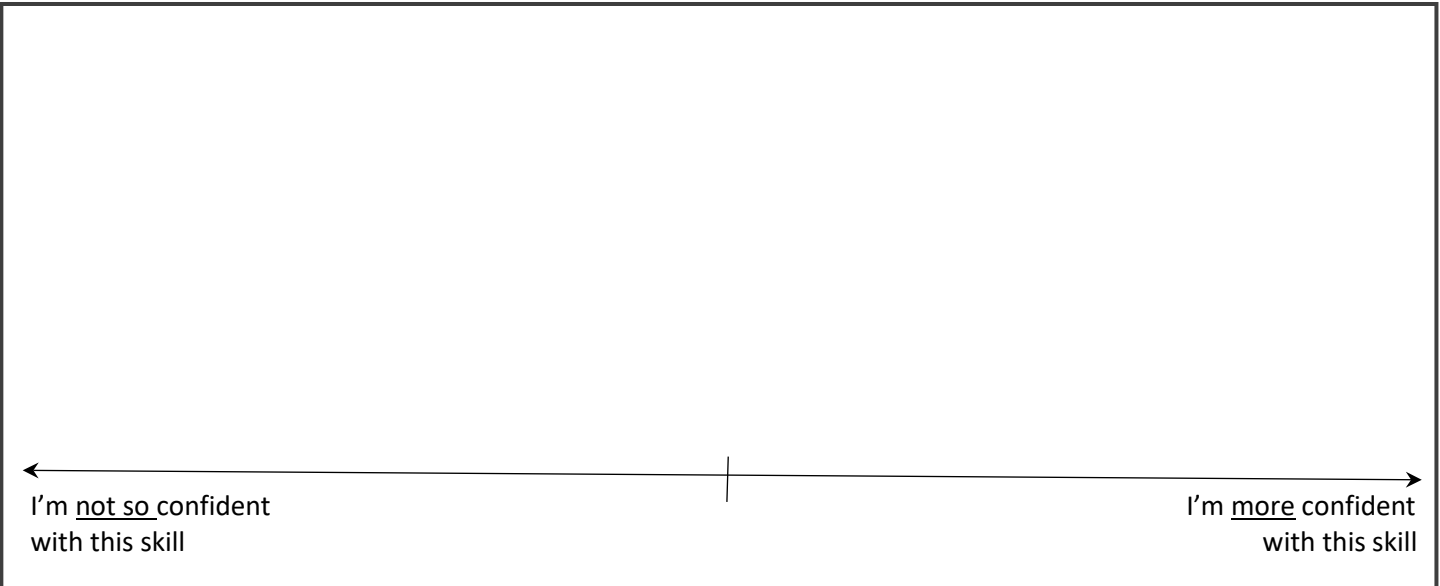
**Task 1: Rate your skills.** Here are some key skills you need at university and in the world of work.

Managing my time	Working with others	Speaking in public	Being resilient	Writing
Manging money	Research	Presentation	Problem solving	Listening
Critical thinking	Self-belief & confidence	Communicating with others		

Write these skills in the box below, putting them along the scale of how confident you are with the skill. If you're less confident using a skill put it further to the left of the box. If you think it is a strength of yours put it further to the right.

If you're not sure about a skill, think about whether you could you give a clear example of when and how you have used the skill (whether it's in school or with other hobby groups or with friends/family). If you can, then it could be a strength of yours.

You could also take a skills assessment quiz like this one by the [National Careers Service](#).



← I'm not so confident with this skill | I'm more confident with this skill →

## Task 2: Let's see what your strengths are.

**Write your strengths below:**

These are the skills you've put on the right side of the centre line.

## Room for improvement

No one is perfect or good at everything, so don't worry if you have skills that you're not so confident with. The important thing is being aware that you can develop these skills over time and how you can do this.

So let's look at some examples of how you can develop your skills.

- Ask others for feedback, their tips, or support
- Practice as they say makes perfect
- Research, whether that's by reading, searching online, watching videos, or asking videos
- Part-time work and volunteering are great opportunities to level up your skills
- Hobbies or participation in community groups (in person or online) can grow your skills
- Look for online opportunities and resources
- Societies at university allow you to learn new skills such as sports, gaming, baking and more
- Be aware of even the smallest of progress you make
- Be kind to yourself if it takes longer than you had hoped

## Task 3: Growing your skills

Below, write down the skills you were less confident with (those on the left side of the centre line). For each one, think about how you could develop these and make a plan of what you could do to develop them.

<b>Skills I can work on:</b>	<b>How I can develop this skill</b>
These are the skills you put on the left side of the centre line	What will you do to get better at this skill? Who can help? What resources could you use?
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