

Assessment: Personal Skills

Check all of the personal skills that you believe describe yourself.

- | | | |
|--|--|--|
| <input type="checkbox"/> accurate | <input type="checkbox"/> easy-going | <input type="checkbox"/> organized |
| <input type="checkbox"/> adaptable | <input type="checkbox"/> efficient | <input type="checkbox"/> original |
| <input type="checkbox"/> aggressive | <input type="checkbox"/> empathetic | <input type="checkbox"/> patient |
| <input type="checkbox"/> artistic | <input type="checkbox"/> energetic | <input type="checkbox"/> persistent |
| <input type="checkbox"/> assertive | <input type="checkbox"/> enthusiastic | <input type="checkbox"/> personable |
| <input type="checkbox"/> astute | <input type="checkbox"/> expressive | <input type="checkbox"/> persuasive |
| <input type="checkbox"/> authentic | <input type="checkbox"/> flexible | <input type="checkbox"/> poised |
| <input type="checkbox"/> calm | <input type="checkbox"/> focused | <input type="checkbox"/> polite |
| <input type="checkbox"/> candid | <input type="checkbox"/> generous | <input type="checkbox"/> practical |
| <input type="checkbox"/> capable | <input type="checkbox"/> good attitude | <input type="checkbox"/> productive |
| <input type="checkbox"/> committed | <input type="checkbox"/> hard worker | <input type="checkbox"/> punctual |
| <input type="checkbox"/> communicator | <input type="checkbox"/> helpful | <input type="checkbox"/> rational |
| <input type="checkbox"/> compassionate | <input type="checkbox"/> honest | <input type="checkbox"/> reliable |
| <input type="checkbox"/> competent | <input type="checkbox"/> imaginative | <input type="checkbox"/> resourceful |
| <input type="checkbox"/> confident | <input type="checkbox"/> independent | <input type="checkbox"/> responsible |
| <input type="checkbox"/> conscientious | <input type="checkbox"/> initiating | <input type="checkbox"/> self-controlled |
| <input type="checkbox"/> considerate | <input type="checkbox"/> innovative | <input type="checkbox"/> self-motivated |
| <input type="checkbox"/> cooperative | <input type="checkbox"/> inquisitive | <input type="checkbox"/> self-reliant |
| <input type="checkbox"/> creative | <input type="checkbox"/> intelligent | <input type="checkbox"/> self-starter |
| <input type="checkbox"/> curious | <input type="checkbox"/> intuitive | <input type="checkbox"/> sincere |
| <input type="checkbox"/> decisive | <input type="checkbox"/> inventive | <input type="checkbox"/> stable |
| <input type="checkbox"/> dedicated | <input type="checkbox"/> level-headed | <input type="checkbox"/> systematic |
| <input type="checkbox"/> dependable | <input type="checkbox"/> logical | <input type="checkbox"/> tactful |
| <input type="checkbox"/> detail-oriented | <input type="checkbox"/> loyal | <input type="checkbox"/> tenacious |
| <input type="checkbox"/> diplomatic | <input type="checkbox"/> open-minded | <input type="checkbox"/> thorough |
| <input type="checkbox"/> dynamic | <input type="checkbox"/> optimistic | <input type="checkbox"/> trustworthy |

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1. Choose the six personal skills that best describe you.

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2. How have these skills helped you do well in the past?

3. Identify a personal skill you need to improve and describe how it will help you.

4. Choose two or three skills from the list that you admire in other people. Why do you admire them?
