

## Share Your Expertise

### Skills Assessment Worksheet

Please indicate your degree of **competance** in each skill/competancy by marking along the scale from 1 - 5. 1 being **not competent** and 5 being **extremely competent**.

	1	2	3	4	5
<b>1. Career Management</b>	<input type="radio"/>				

	1	2	3	4	5
<b>2. Networking and Rich Social Capital</b>	<input type="radio"/>				

	1	2	3	4	5
<b>3. Public Speaking and Communications</b>	<input type="radio"/>				

	1	2	3	4	5
<b>4. Subject Matter Expertise</b>	<input type="radio"/>				

	1	2	3	4	5
<b>5. Inter and Intra-personal Skills</b>	<input type="radio"/>				

	1	2	3	4	5
<b>6. Ability to Provide Constructive Feedback</b>	<input type="radio"/>				

	1	2	3	4	5
<b>7. Eagerness to Invest in Others' Success</b>	<input type="radio"/>				

	1	2	3	4	5
<b>8. Respect and Non-Judgmental Stance</b>	<input type="radio"/>				

Add all value of the ratings that you provided for each skill and write the sum in the “cumulative Competency Score section

**Cumulative Competency Score:**

## Share Your Expertise

### Skills Assessment Worksheet

Please indicate your degree of **interest** in each skill/competency by marking along the scale from 1 - 5. 1 being **not interested** and 5 being **extremely interested**.

<b>1. Career Management</b>	1	2	3	4	5
	<input type="radio"/>				

<b>2. Networking and Rich Social Capital</b>	1	2	3	4	5
	<input type="radio"/>				

<b>3. Public Speaking and Communications</b>	1	2	3	4	5
	<input type="radio"/>				

<b>4. Subject Matter Expertise</b>	1	2	3	4	5
	<input type="radio"/>				

<b>5. Inter and Intra-personal Skills</b>	1	2	3	4	5
	<input type="radio"/>				

<b>6. Ability to Provide Constructive Feedback</b>	1	2	3	4	5
	<input type="radio"/>				

<b>7. Eagerness to Invest in Others' Success</b>	1	2	3	4	5
	<input type="radio"/>				

<b>8. Respect and Non-Judgmental Stance</b>	1	2	3	4	5
	<input type="radio"/>				

Add all value of the ratings that you provided for each skill and write the sum in the "cumulative Interest Score section"

**Cumulative Interest Score:**

## Share Your Expertise

### Skills Assessment Worksheet

Check the skills that you regularly use in your career, or have used in your past professional and/or personal experience.

- 1. Career Management
- 2. Networking and Rich Social Capital
- 3. Public Speaking and Communications
- 4. Subject Matter Expertise
- 5. Inter and Intra-personal Skills
- 6. Ability to Provide Constructive Feedback
- 7. Eagerness to Invest in Others' Success
- 8. Respect and Non-Judgmental Stance

Give your self 1 score for each skill that you have marked. Add the cumulative number in the Cumulative Experience Score.

Cumulative Experience Score:

Now, add the numbers in the 3 cumulative boxes and assign the program a final compatability score.

Program Compatibility Score: