

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
1. Career Management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

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

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

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

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

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

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

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

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

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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: