| Skill | Rating | | |
|--|----------------------|-------------------------|----------------------|
| | I've never done this | l've done this a little | I've done this a lot |
| Communicating with others in a work or social setting | | | |
| Working with figures, such as: Budgeting for your apartment, balancing a checkbook | | | |
| Writing, such as: Writing a blog or a research paper | | | |
| Leadership, such as: Sports team captain, club treasurer | | | |
| Creating and designing, such as: Making clothes for a drama production | | | |
| Working with your hands, such as: Painting the house | | | |
| Managing and supervising, such as: Babysitting | | | |
| Planning and organizing, such as: Planning and fundraising for a class trip | | | |
| Time management, such as: Preparing for exams | | | |
| Decision making, such as: Choosing a course or a major | | | |
| Following instructions, such as: Setting up a computer, building a bookcase | | | |
| Teaching and coaching, such as: Tutoring | | | |
| Helping others, such as: Cooking dinner for a charity function | | | |
| Performing, such as: Talent show or karaoke | | | |
| Problem solving, such as: Dealing with an awkward customer, assessing the needs to repair a machine | | | |
| Investigating, such as: Researching for an assignment | | | |
| Working well with others, such as: Hosting an international student | | | |
| Customer service, such as: Taking tickets at an event | | | |
| Sales and persuading, such as: Door to door fundraising, participating in a debate | | | |
| Able to relate and interact with people of differing backgrounds | | | |