

# Defining My SKILLS



Choose 3 transferable qualities and 3 self-management skills that you feel are strong points in your skill set. Give a specific example of how you demonstrate this skill.

\*\* Note that if you cannot give a specific example, you should evaluate \*\*  
\*\* whether or not this is a skill you truly possess. \*\*

## Example:

"I am committed to what I put my mind to. When my friends were all going to Las Vegas last weekend, I stayed behind to help my aunt paint her house because I said I would.

organized?



## 3 Transferable Skills:

I am

I demonstrate this skill when I

I am

I demonstrate this skill when I

I am

I demonstrate this skill when I



a leader?

### 3 Self-management Skills:

I am

I demonstrate this skill when I

I am

I demonstrate this skill when I

I am

I demonstrate this skill when I



excellent time manager?  
punctual?  
efficient?  
quick learner?