

# Career Center

## Strengths and Skills Inventory

Your skills are the abilities that you possess. Skills are developed and improved with practice and over time, though they can be influenced by a natural knack or unique talent. Communicating your skills in a way that builds confidence requires that you give evidence of your past exposure and success.

Exercise: Using the list below for inspiration, come up with ten skills that describe your current strengths. Next, come up with ten that describe those you expect will be important in your fields of interest. How do they compare? Note overlaps as well as gaps.

- Communicating Clearly
- Managing a Project
- Collaborating towards a Goal
- Writing Persuasively
- Learning Quickly
- Researching Thoroughly
- Innovating
- Compiling a Budget
- Balancing Priorities

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