Understanding Your Skills: A Reflection

Step 1: What are you good at? Brainstorm at least five or six things – these can be academic, hobbies, interests, random skills, etc. etc.

Step 2: What do you LIKE doing? It doesn't matter if these are the things you're good at or not! Just list five or six things!

Step 3: Once you have made your two lists, pick five items to focus on. For each of your five items, write down 1-3 words describing the skill that you needed to be good at this.

Item from Step 1 or 2	**Underlying Skill(s)**
Example: Writing Essays	*Communication, Organization, Linguistic Abilities*

LIVEWORKSHEETS