Name			

Date				
Date	 	 	 _	

## Skills Fit

Following are skills needed for success in many kinds of work. Go through the list and check the importance of each skill for your career goals on the left. Then rate your skill level for each ability as (1) a major strength. (2) a minor strength, (3) an area needing improvement, or (4) a weakness on the right. Major Strength Minor Strenath Socializing with Others Importance High Low Congeniality: relate easily in situations that are primarily social in nature (parties, receptions) 2 3 Public relations: relate with people who come for information, service, or help 3 1 2 Tastefulness: dress presentably and appropriately for a variety of situations or occasions 2 3 Handling criticism or disagreement; able to cope with negative reactions 3 Communicating with Others Talking: relate easily with people in ordinary conversational settings 1 2 3 Writing: express myself well in written forms of communication 2 3 Compromising: able to bargain or discuss to reach agreement through negotiation 1 2 3 Λ Persuading: able to convince others to believe something that I believe to be true 2 3 Selling: able to convince others to buy a product that I am selling. 2 3 Public speaking: able to deliver a talk or address to an audience 2 3 Directing and Helping Others Supervising: able to oversee, manage, or direct work of others 2 3 Teaching: able to help others learn something; able to provide knowledge or insight 2 3 Counseling: able to engage in a direct helping relationship with another individual 3 Organizing Others Organizing and planning: able to plan a project by preparing and arranging tasks and 2 3 coordinating people and resources Orderliness: able to arrange items in a systematic way so they can be used or retrieved easily 2 3 Following through on details: able to work with a variety or volume of information without 3 losing track of any items; comfortable with small informational tasks that are part of the larger project responsibility

Source: Career Actualization and Life Planning (pp. 99–102), by X. Blacher, 1989, Deriver, CO: Lave, Copyright, 1989 by Love Publishing Co. Adapted with permission.

Making Decisions: comfortable in making judgments or reaching conclusions about matters

that require specific action; able to accept responsibility for the consequences of such actions

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3