

What are my key Skills?

Reading and Research

	I am a beginner	I have some experience	I am an expert
Reading and understanding scientific papers and reviews	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comprehending and assimilating new information quickly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Looking up the meaning of unknown or technical words and phrases	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Researching content online	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using publication databases such as Pubmed or Google Scholar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using search engines like Google and Wolfram-Alpha	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Preparing notes and flash-cards for study/revision	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Checking information for accuracy and completeness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Analytical

	I am a beginner	I have some experience	I am an expert
Collecting, tabulating and processing data	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Designing experiments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding research problems, framing questions, and finding solutions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Statistical analysis and hypothesis testing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Troubleshooting problems in the lab	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Logging work or experiments correctly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interpreting data and forming conclusions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Computer-based modeling/simulations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Counting, inventorying, identifying shortages and needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Communication

	I am a beginner	I have some experience	I am an expert
Explaining difficult concepts using simple language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Writing papers, reviews, letters etc. for scientific journals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Writing articles for popular audiences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Preparing and presenting oral scientific talks for small or large audiences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creating scientific posters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creating flowcharts or infographics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recording information accurately and in detail	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Writing reports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Writing professional emails/letters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Writing grant proposals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Checking, editing, and revising documents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using text editing software such as Word, LaTeX etc	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Presenting data in the form of bar graphs, pie charts etc	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using appropriate grammar, spelling, and punctuation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using different social media platforms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Creativity

	I am a beginner	I have some experience	I am an expert
Coming up with original ideas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Designing new systems/ products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drawing, painting, illustration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Photography/ Videography	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Writing fiction, poetry or general essays	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using image editing software like photoshop/illustrator	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Performing arts such as dancing/music etc	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creating handicrafts, model-building	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>




People Management

	I am a beginner	I have some experience	I am an expert
Working in small and large teams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mentoring juniors or new tem-members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teaching techniques, skills or concepts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Resolving workplace conflicts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Maintaining long-term positive relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Delegating or assigning work equitably	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taking on leadership roles and responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working effectively with little or no supervision	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being aware of the needs and feelings of others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being calm in stressful situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conversing professionally with strangers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Motivating others to solve problems and complete projects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing positive/negative feedback and constructive criticism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Navigating bureaucratic environments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Collaborating on projects with people from within/outside your organization	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Project Management

	I am a beginner	I have some experience	I am an expert
Creating and managing budgets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Setting reasonable deadlines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Completing projects within deadlines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Planning and scheduling work in the short and long term	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using online tools for time and project management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Remaning honest, conducting oneself ethically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using resources effectively and avoiding waste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being flexible and able to deal with changing workflows	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being responsible with the duties that are entrusted to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organizing meetings and events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prioritizing tasks according to importance and urgency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dealing with short-term failures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being motivated enough to complete boring/routine tasks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Implementing plans according to protocols and guidelines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working in distracting environments and working in spite of interruptions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anticipating problems and eventualities before they occur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What am I Interested in?

	I love doing this 	I like doing this 	Neutral 	I dislike doing this 	I hate doing this 
Building objects					
Engaging in debates					
Writing or composing stories, essays etc.					
Playing a musical instrument					
Creating visual art					
Designing machinery, furniture or clothes					
Figuring out how things work					
Working with numbers					
Working with computers					
Using tools or complex machinery					
Solving problems					
Meeting new people					
Counselling/guiding others					
Organizing information					
Travelling					
Being outdoors or amidst nature					
Collecting things (coins, stamps etc)					
Working/playing with children					
Engaging in adventure-sports or activities involving risk					
Engaging in physical activity or sports					
Working with animals					
Solving puzzles					
Exploring new places					
Teaching others					
Creating routines or schedules					
Learning languages					
Learning new techniques					
Working with finances/money management					
Photography					
Public speaking					
Reading fiction and non-fiction					
Supervising/managing others					
Engaging in activism or campaigning for public causes					
Helping the elderly/disabled					
Volunteering for organizing group activities, meetings etc.					
Socializing with small/large groups of people					
Coming up with business ideas					

It is important to me that in my Ideal Job

...my day to day routine remains predictable or fairly constant	...my working hours are flexible	...there is a lot of variety and change
...the environment is competitive	...my work involves helping others	...my achievements are recognized and rewarded
...there are opportunities to get promoted and move upwards	...there are opportunities to move horizontally between departments	...I receive a good financial remuneration/salary
...the work takes place mostly outdoors	...the deadlines are relaxed	...there are tight deadlines
...the work takes place mostly indoors	...I have a high standing/prestige in society	...I can use my creative skills
...I can travel frequently	...I can take risks	...I can come up with new ideas
...I don't have to travel a lot	...I have enough leisure time or time off work	...my work involves supervising/managing others
...I am respected by co-workers or management	...I can maintain a good work-life balance	...I can keep learning new things constantly
...I can work in teams with others	...I can live in a big city	...I can make use of my specific abilities/ expertise/ education
...I receive adequate supervision	...I can live in my hometown	...my work involves building or creating new things
...I receive little/no supervision	...there are opportunities for transferring between cities	...I can see tangible results from my work
...I can work alone or independently	...there are opportunities for traveling/living abroad	...I get to meet many new people
...the work environment is low-pressure	...there is high job security	...there are opportunities for receiving higher education or advanced training
...the work environment is high-pressure	...my work is intellectually challenging/demanding	...I can be in a position to make major decisions and influence policies

Summary of Exercises

My Top Skills

	<i>Skill</i>	<i>One example of how I have used this skill</i>
1		
2		
3		
4		
5		

Some Skills I would like to gain

1.
2.
3.
4.
5.
6.
7.
8.

My Top Interests

My Top Values

1.
2.
3.
4.
5.
6.
7.