

CAREER PROFICIENCIES WORKSHEET

When have you used these skill sets in your experiences, such as internships, part-time jobs, or volunteer work? How can you communicate these examples to employers to highlight the value you bring? Use this worksheet to document your specific examples and ideas.

SELF-AWARENESS



COMMUNICATION



CRITICAL THINKING



PROBLEM SOLVING



TEAMWORK



LEADERSHIP



GLOBAL LEARNING



INTERCULTURAL KNOWLEDGE



DIGITAL LITERACY



CIVIC ENGAGEMENT


