Name: _____   Date: _____

Skills Assessment: Identifying Your Strengths

Complete the following assessment to help identify your strengths in various skill areas.

For each statement, rate yourself on a scale of 1 to 5, where:
1 = Strongly Disagree
2 = Disagree
3 = Neutral
4 = Agree
5 = Strongly Agree

Be honest in your responses. The results will help you understand your strengths and how they might align with different career paths.

Communication Skills	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I find it easy to express my ideas clearly in writing.	1	2	3	4	5
I feel confident speaking in front of groups.	1	2	3	4	5
I can effectively communicate with people of all ages.	1	2	3	4	5
I enjoy telling stories or explaining things to others.	1	2	3	4	5
I listen carefully to what others say and ask questions to understand them better.	1	2	3	4	5

Problem-Solving Skills	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I enjoy tackling complex problems and finding solutions.	1	2	3	4	5
I am good at identifying the root cause of a problem.	1	2	3	4	5
I can think of multiple ways to approach a challenge.	1	2	3	4	5
I enjoy working on puzzles or brainteasers.	1	2	3	4	5
I can stay calm and focused when faced with a difficult situation.	1	2	3	4	5

Leadership Skills

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I enjoy taking the lead in group projects.	1	2	3	4	5
I am good at motivating others to work towards a common goal.	1	2	3	4	5
I can make decisions confidently, even under pressure.	1	2	3	4	5
I am comfortable delegating tasks to others.	1	2	3	4	5
I can mediate conflicts and help others find common ground.	1	2	3	4	5

Technical/Mechanical Skills

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I enjoy working with my hands to build or repair things.	1	2	3	4	5
I am interested in understanding how machines or devices work.	1	2	3	4	5
I can follow instructions to assemble or fix something.	1	2	3	4	5
I enjoy solving problems that require technical knowledge.	1	2	3	4	5
I am comfortable using tools or technology to complete tasks.	1	2	3	4	5

Creative/Artistic Skills

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I enjoy drawing, painting, or other forms of visual art.	1	2	3	4	5
I like coming up with new ideas or ways to do things.	1	2	3	4	5
I have a good eye for design and aesthetics.	1	2	3	4	5
I enjoy working on creative projects like music, writing, or crafting.	1	2	3	4	5
I am often told that I have a good imagination.	1	2	3	4	5

Organizational Skills

Organizational Skills	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I keep my workspace and materials organized.	1	2	3	4	5
I am good at managing my time and meeting deadlines.	1	2	3	4	5
I enjoy creating plans or schedules to accomplish tasks.	1	2	3	4	5
I can break down large projects into smaller, manageable steps.	1	2	3	4	5
I am detail-oriented and make sure things are done correctly.	1	2	3	4	5

Interpersonal Skills

Interpersonal Skills	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I enjoy working with others as part of a team.	1	2	3	4	5
I can easily build rapport with new people.	1	2	3	4	5
I am good at resolving conflicts between others.	1	2	3	4	5
I enjoy helping others and offering support when needed.	1	2	3	4	5
I can adapt my communication style to suit different situations.	1	2	3	4	5

Analytical Skills

Analytical Skills	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I enjoy analyzing data or information to find patterns or trends.	1	2	3	4	5
I can make decisions based on logical reasoning.	1	2	3	4	5
I enjoy subjects like math or science that involve critical thinking.	1	2	3	4	5
I can evaluate different options and choose the best one.	1	2	3	4	5
I am good at breaking down complex information into understandable parts.	1	2	3	4	5

Scoring and Interpretation:

Add up your totals for each category and record them below.

_____ **Communication Skills**	_____ **Creative/Artistic Skills**
_____ **Problem-Solving Skills**	_____ **Organizational Skills**
_____ **Leadership Skills**	_____ **Interpersonal Skills**
_____ **Technical/Mechanical Skills**	_____ **Analytical Skills**

The skill areas where you scored the highest are likely your strengths. Look at the charts below for some careers that are well-suited to each strength.

Communication Skills

- Teaching
- Public Relations Specialist
- Journalist or News Anchor
- Marketing Executive
- Customer Service Representative
- Social Worker
- Speech Therapist
- Lawyer

Creative/Artistic Skills

- Graphic Designer
- Architect
- Interior Designer
- Animator or Illustrator
- Musician or Composer
- Writer or Author
- Fashion Designer
- Film Director or Producer

Problem-Solving Skills

- Engineer (e.g., civil, mechanical, electrical)
- Software Developer or Programmer
- Detective or Criminal Investigator
- Scientist
- Operations Manager
- Management Consultant
- Emergency Management Director
- IT Systems Analyst
- Researcher

Organizational Skills

- Event Planner
- Administrative Assistant
- Accountant or Auditor
- Logistics Coordinator
- Project Manager
- Library Technician
- Operations Manager
- Data Entry Specialist

Leadership Skills

- Project Manager
- Entrepreneur or Business Owner
- Military Officer
- Nonprofit Executive Director
- School Principal
- Political Leader or Elected Official
- Sports Coach or Team Leader
- Human Resources Manager

Interpersonal Skills

- Counselor or Therapist
- Human Resources Specialist
- Nurse or Healthcare Worker
- Sales Representative
- Customer Success Manager
- Social Worker
- Community Outreach Coordinator
- Mediator

Technical/Mechanical Skills

- Mechanical Engineer
- Automotive Technician
- Electrician
- Carpenter or Construction Worker
- Aircraft Mechanic
- IT Technician or Network Administrator
- Machinist
- Robotics Technician
- Plumber

Analytical Skills

- Data Scientist
- Financial Analyst
- Economist
- Research Scientist
- Environmental Scientist
- Quality Assurance Analyst
- Actuary
- Market Research Analyst