

## FUNCTIONAL SKILLS WORKSHEET: KNOWING YOUR STRENGTHS

Functional skills are competencies which are transferrable to many different work settings. Developing a list of the functional skills you have *and* most enjoy using can help focus you on positions which would fit your talents and provide more satisfaction.

Underline all those skills you have, and then circle the top 10 underlined skills you would enjoy using most. Write these top 10 skills in the box on the next page, and write a brief example of how you have used this skill in a job, internship, extracurricular activity, or class. This provides a central theme for focusing your job search and preparing for interviews.

### COMMUNICATION

*Exchange, transmission and expression of knowledge and ideas.*

- write
- edit
- summarize
- verbal communication
- listen
- facilitate discussion
- consult
- teach
- train
- sell
- promote
- use languages
- interview
- ask questions
- make presentations
- negotiate
- think on one's feet
- conversational ability
- entertain, perform
- host
- deal with public
- public speaking
- teamwork

### INFORMATION MANAGEMENT

*Arrange and retrieve data, knowledge, ideas.*

- math skills
- organize information
- manage information
- keep records
- attend to details
- logical ability
- develop systems
- categorize
- summarize
- streamline systems
- monitor

### ORGANIZATION MANAGEMENT

*Direct and guide a group in completing tasks and attaining goals.*

- solve problems
- time management
- make decisions
- lead
- meet deadlines
- supervise
- motivate
- recruit
- resolve conflicts
- mediate
- initiate projects
- organize
- coordinate
- handle logistics
- put theory into practice
- delegate
- give directions
- assume responsibility
- determine policy
- interpret policy
- apply policy
- set priorities
- strategize

### DESIGN & PLANNING

*Imagine the future and develop a process for creating it.*

- anticipate problems
- plan
- conceptualize
- design
- display
- layout/format
- design programs
- anticipate consequences of action
- brainstorm new ideas
- think visually
- improvise
- compose
- create images

### RESEARCH & INVESTIGATION

*The search for specific knowledge.*

- analyze ideas
- analyze data
- research
- investigate
- read for information
- interview for information
- gather data
- evaluate
- critical thinking
- synthesize information
- observe
- outline
- formulate hypotheses
- develop theory
- calculate/compare

### HUMAN SERVICE

*Attend to physical, mental or social needs of people.*

- interpersonal skills
- group process
- sensitivity to needs
- empathize
- counsel
- advocate
- use intuition
- coach
- provide care

### PHYSICAL

*Use hands or tools to build, repair, invent.*

- build
- construct
- invent
- operate equipment
- repair
- restore
- use physical coordination