

Identifying Your Skills

Identifying your skill sand abilities is one of the first steps in career planning. It is an essential step necessary for developing your resume and for marketing yourself. Some people find it hard to identify their skills. The following exercises may help you in clarifying and identifying your skills.

1. Use the following chart to help you identify competencies and skills you have learned and developed throughout your work experiences or student placements. Identify 3 or 4 that were in a clinical placement or setting and think about the competencies and skills you developed/ utilized in these settings. Jot the notes down in the appropriate column.

Work Environment / Clinical Setting	Competencies and Skills/Knowledge	Thinking Skills	Communication Skills	Leadership Skills	Other Skills

2. What would your colleagues say you do especially well at work or in the clinical setting?

3. If you were buddied with a junior staff member and you were asked to “show them the ropes” in the area, what could you teach them or show them, that you do especially well?

4. Describe a situation in which you played a leadership role, to achieve something important.

5. Describe a situation in which you went above and beyond the expectations of your role. Describe what skills and abilities you used, and the outcomes achieved.

6. At this point in your nursing career, what competencies and skills do you feel you need to continue to develop? How can you incorporate these into your work experiences or student placements?