

Self- Assessment

We recommend using this self-assessment to identify the transferable skills you may have gained during your exchange experience. Check off the skills that apply to you.

SKILLS & ATTRIBUTES

- | | |
|---|---|
| <input type="checkbox"/> Adapt to new environments | <input type="checkbox"/> Take initiative; be confident in skills and ideas |
| <input type="checkbox"/> Handle difficult situations | <input type="checkbox"/> Handle difficult situations diplomatically |
| <input type="checkbox"/> Demonstrate flexibility | <input type="checkbox"/> Be self-reliant and function independently |
| <input type="checkbox"/> Function with a high level of ambiguity | <input type="checkbox"/> Crisis management: identify problems and utilize available (often limited) resources to solve problems (quickly) |
| <input type="checkbox"/> Manage time and prioritize tasks | <input type="checkbox"/> Work as part of a team (often with members with different perspectives and approaches) |
| <input type="checkbox"/> Communicate effectively (written and oral) | <input type="checkbox"/> Approach issues with tolerance, open-mindedness, and cultural sensitivity |
| <input type="checkbox"/> Conduct research despite language and cultural differences | |
| <input type="checkbox"/> Identify career objectives | |
| <input type="checkbox"/> Lead others in formal and/or informal groups | |

QUALITIES

- | | |
|--|--|
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Collaborating with diverse populations |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Gain foreign language skills/proficiency |
| <input type="checkbox"/> Self-reliance | <input type="checkbox"/> Understand a different culture (includes an organization's culture) |
| <input type="checkbox"/> Appreciation of diversity | <input type="checkbox"/> Develop intercultural awareness |
| <input type="checkbox"/> Tolerance/Open-mindedness | <input type="checkbox"/> Communicate despite language barriers |
| <input type="checkbox"/> Assertiveness | <input type="checkbox"/> Cultural Sensitivity/Awareness |
| <input type="checkbox"/> Adapt to new environments | <input type="checkbox"/> Inquisitiveness |
| <input type="checkbox"/> Handle difficult situations | <input type="checkbox"/> Self-confidence |
| <input type="checkbox"/> Demonstrate flexibility | <input type="checkbox"/> Self-knowledge |
| <input type="checkbox"/> Function with a high level of ambiguity | <input type="checkbox"/> Perseverance |
| <input type="checkbox"/> Manage time and prioritize tasks | |
| <input type="checkbox"/> Effective communication | |

Use the survey that follows to help you reflect on your exchange experience and the transferable skills you can offer potential employers as a result. Evaluate your skill levels before and after studying abroad (1 = lowest and 10 = highest). Once you have completed the survey, take a moment to reflect on examples or instances from your experience abroad that contributed to your skills evolution.

ANALYSIS & PROBLEM SOLVING

Capacity to ask for and receive help from others

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Willingness to confront problems and look for alternative solutions

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Ability to listen and observe carefully

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Ability to think critically

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Experience and capability in balancing two or more cultures

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Awareness of values and lifestyles in the United States

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Ability to interact with and relate to many different people

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Aptitude to perceive things from another person's point of view

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

COMMUNICATION/LANGUAGE SKILLS (in foreign language, if applicable)

Oral Proficiency

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Written Expression

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Ability to listen and observe carefully Listening and comprehension skills

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Ability to compromise and be flexible

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Tolerance for differences

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Openness to new experiences and activities

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Awareness and respect for beliefs of others

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Patience and adaptability

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Ability to keep a sense of humor in stressful situations

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Capacity to deal with failure

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Strength in handling unpredictable and unfamiliar situations

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

CONFIDENCE

Ease in establishing relationships with people from a different culture

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Willingness to take risks

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Awareness of personal strengths and weaknesses

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10

Self-sufficiency

Before	1	2	3	4	5	6	7	8	9	10
After	1	2	3	4	5	6	7	8	9	10