

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

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

QUALITIES

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

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