**SKILLS & ACCOMPLISHMENTS EXERCISE**

|  |  |  |  |
| --- | --- | --- | --- |
| **Past Jobs, Projects, & Professional Opportunities**  *This can include academic projects and roles, jobs, internships, volunteer opportunities, side projects, and so on.* | **Skills**  *What skills did you use during this experience? Look back at your resume/CV and a skills list to help you.* | **Accomplishments**  *What accomplishments did you realize during this experience? What are you proud of? What action did you take that had a result? What were you praised for or recognized for? Think about performance reviews or feedback from supervisors, advisors, etc.* | **Other Skills**  *What skills did you use to reach this accomplishment?* |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Past Jobs, Projects, & Professional Opportunities**  *This can include academic projects and roles, jobs, internships, volunteer opportunities, side projects, and so on.* | **Skills**  *What skills did you use during this experience? Look back at your resume/CV and a skills list to help you.* | **Accomplishments**  *What accomplishments did you realize during this experience? What are you proud of? What action did you take that had a result? What were you praised for or recognized for? Think about performance reviews or feedback from supervisors, advisors, etc.* | **Other Skills**  *What skills did you use to reach this accomplishment?* |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |