

## Skills Assessment

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Rate your skills on a scale of 1-5, where:**

1 = Highly Deficient

5 = Highly Proficient

As you rate each of these skills and knowledge areas, it will be most helpful if you **use the full range of scores (1-5)**. Rating just a few times as a “1” will help distinguish the skills that need the most improvement, and rating just a few items as “5” will help discern the skills that are strengths.

### Scientific Knowledge

Broad based knowledge 1 2 3 4 5

Deep knowledge of my specific research area: \_\_\_\_\_ 1 2 3 4 5

Critical evaluation of literature 1 2 3 4 5

### Research Skills

Technical skills related to my specific research area: \_\_\_\_\_ 1 2 3 4 5

Experimental design 1 2 3 4 5

Statistical analysis 1 2 3 4 5

Interpretation of data 1 2 3 4 5

Creativity/innovative thinking 1 2 3 4 5

Navigating the peer review process 1 2 3 4 5

### Communication

Basic writing and editing 1 2 3 4 5

Writing discipline-specific publications 1 2 3 4 5

Writing proposals for external funding 1 2 3 4 5

Writing for readers outside of my discipline 1 2 3 4 5

Speaking clearly and effectively	1	2	3	4	5
Presenting research to practitioners in my discipline	1	2	3	4	5
Presenting to practitioners outside of my discipline	1	2	3	4	5
Teaching in a classroom setting	1	2	3	4	5
Training and mentoring individuals	1	2	3	4	5
Seeking advice from advisors and mentors	1	2	3	4	5
Negotiating difficult conversations	1	2	3	4	5
<b>Professionalism</b>					
Demonstrating workplace etiquette	1	2	3	4	5
Complying with rules and regulations	1	2	3	4	5
Upholding commitments and meeting deadlines	1	2	3	4	5
Maintaining positive relationships with colleagues	1	2	3	4	5
Contributing to discipline (e.g. member of professional society)	1	2	3	4	5
Contributing to institution (e.g. participate on committees)	1	2	3	4	5
<b>Management and Leadership Skills</b>					
Providing instruction and guidance	1	2	3	4	5
Providing constructive feedback	1	2	3	4	5
Dealing with conflict	1	2	3	4	5
Planning and organizing projects	1	2	3	4	5
Time management	1	2	3	4	5
Developing/managing budgets	1	2	3	4	5
Managing data and resources	1	2	3	4	5

Delegating responsibilities	1	2	3	4	5
Leading and motivating others	1	2	3	4	5
Creating vision and goals	1	2	3	4	5
Serving as a role model	1	2	3	4	5
<b>Responsible Conduct of Research</b>					
Careful recordkeeping practices	1	2	3	4	5
Understanding of data ownership/sharing issues	1	2	3	4	5
Demonstrating responsible authorship and publication practices	1	2	3	4	5
Demonstrating responsible conduct in human research	1	2	3	4	5
Demonstrating responsible conduct in animal research	1	2	3	4	5
Can identify and address research misconduct	1	2	3	4	5
Can identify and manage conflict of interest	1	2	3	4	5
<b>Career Advancement</b>					
How to maintain a professional network	1	2	3	4	5
How to identify career options	1	2	3	4	5
How to prepare application materials	1	2	3	4	5
How to interview	1	2	3	4	5
How to negotiate	1	2	3	4	5