AberGrad Skills Checklist - Mid Year(s) Undergraduate Students

In thinking about the skills you are developing you now need to recognise that they are transferable – they are useful in all aspects of your life. Skills learnt whilst studying aren’t just useful for you on your degree, they equate to other activities too. In the table below see how different words are used to refer to the same skills. Now provide your evidence against each one.

|  |  |  |
| --- | --- | --- |
| ***Academic skills*** | ***Equivalent work-based skills*** | ***Evidence of how the skill was developed*** |
| ***Degree Course*** |  |  |
| Research | Data collection and analysis |  |
| Critical thinking | Make reasoned judgements |  |
| Formulate logical arguments and theories | Critical evaluation and analysis |  |
| Creativity and problem solving | Decision making and problem solving |  |
| Group work/collaboration | Able to give and seek input from others |  |
| Communication (interpersonal) | Listening, explaining, understanding, negotiating, persuading |  |
| Communication (written) | Recording ideas/facts in various forms creative, formal or factual  |  |
| Presentation | Public speaking/confidence |  |
| Leadership  | Delegation and the ability to lead others to a common goal |  |
| Planning and organising | Project management |  |
| Digital literacy | Technology proficient |  |
|  |  |  |
| ***Departmental Activities*** |  |  |
| Demonstrating | Instructing/teaching |  |
| Peer Mentoring | Supporting learners |  |
| SSCC Year 2 Representative | Meeting skills |  |
| Organising departmental conference / activity  | Event management  |  |
|  |  |  |
| ***Clubs, Societies and Sports*** |  |  |
| Executive committee role i.e. President | Leadership, delegation, conflict management, chairing meetings |  |
| Team captain/coach | Role model, people management, coaching skills |  |
|  |  |  |
| ***Hobbies and other Interests*** |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| ***Part-time Work*** |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| ***Summer work experience***  |  |  |
|  |  |  |
|  |  |  |