Study Abroad Skill Sheet

Below is a list of skills often developed while studying or working abroad. If you have spent time in another country, consider where you might have demonstrated these skills. Think specifically about the situation, the task at hand, the action you took, and the result of your actions. Knowing your skills and abilities can help you determine which careers and work environments might suit you best. You will also be able to provide potential employers with concrete examples of your abilities.

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| **Skill Developed** | *Situation*: What circumstances required you to use this skill? | *Task*: What needed to be done? | *Action*: What action did you take (demonstrating this skill)? | *Result*: What was the result of the action you took? |
| Intercultural Competencies |  |  |  |  |
| Adaptability |  |  |  |  |
| Patience |  |  |  |  |
| Language Skills |  |  |  |  |
| Respect for protocol |  |  |  |  |
| Self-reliance |  |  |  |  |
| Time management |  |  |  |  |
| Inquisitiveness |  |  |  |  |
| Assertiveness |  |  |  |  |
| Navigational Skills |  |  |  |  |
| Open-mindedness |  |  |  |  |
| Calm Under Pressure |  |  |  |  |
| Initiative |  |  |  |  |
| Seeing different perspectives |  |  |  |  |