Career Ready Skills Reflection Worksheet

Career ready skills are acquired abilities that allow college graduates to transition well into a work setting. Employers are looking for candidates with the competencies and skills listed below, which can qualify students to complete their roles in an entry-level job, fellowship, internship, or graduate school program. Therefore, it is critical for students to reflect on these skills (from course, job, internship, volunteer/student organization experience) and describe them effectively in a resume, cover letter, or interview.

Experience/ Responsibility: List the experience and the activity completed	What Did I Actually Do? State specific tasks completed for this job duty/activity	Competencies Developed: Reflect on how this position helped with gaining specific career ready skills	Think about your Clifton Strengths themes and how they were used to complete task*
"Intro to Sales & Marketing" (Course) Develop and facilitate a presentation on creating marketing campaigns	Conducted research Developed a PowerPoint presentation Took the lead in presenting to a group of 25 students Coordinated teammates' responsibilities	 Career and Self-Development Communication Critical Thinking Equity and Inclusion Leadership Professionalism Teamwork 	Woo Harmony Includer
Experience/ Responsibility #1:		 Career and Self-Development Communication Critical Thinking Equity and Inclusion Leadership Professionalism Teamwork 	
Experience/ Responsibility #2:		 Career and Self-Development Communication Critical Thinking Equity and Inclusion Leadership Professionalism Teamwork 	

Experience/ Responsibility: List the experience and the activity completed	What Did I Actually Do? State specific tasks completed for this job duty/activity	Competencies Developed: Reflect on how this position helped with gaining specific career ready skills Think about your Clifton Strengths themes and how they were used to complete task*
Experience/ Responsibility #3:		 Career and Self-Development Communication Critical Thinking Equity and Inclusion Leadership
Experience/ Responsibility #4:		 Professionalism Teamwork Career and Self-Development
Responsibility #4.		 Communication Critical Thinking Equity and Inclusion
Experience/		 Leadership Professionalism Teamwork Career and
Responsibility #5:		Self-Development Communication Critical Thinking Equity and Inclusion Leadership Professionalism
Experience/ Responsibility #6:		 Teamwork Career and Self-Development Communication Critical Thinking Equity and Inclusion
		LeadershipProfessionalismTeamwork

Learn more about Career Ready Skills at www.towson.edu/careerskills

*Discover your strengths by taking the CliftonStrengths assessment.

