Template for reflecting on skills development

The Royal Society of Chemistry offer a freely available online Undergraduate Skills Record which you can use to record and reflect on your skills. It can be found at <u>https://www.rsc.org/cpd/undergraduates/section</u>

If you want something a bit simpler to use or something to use in the short term you might like to use this simple template. The number of skills that you could reflect on is large so to simplify the task the skills we identify here are broad areas covered by the RSC Undergraduate Skills Record.

Rate yourself

- 1 I've not had chance to do this/I'm very bad at this
- 2 I've not done this very much/I need to improve
- 3 I'm OK at this but could improve
- 4 I'm quite good at this
- 5 I am really competent in this

Skill	Rate	yourse	f		
Planning and organisation	1	2	3	4	5
Cive on eventual of whom you used this shill					
Give an example of when you used this skill					
How did you do?					
How do you need to improve?					
M/hat an arturation and you identify to prostice this.		:			
What opportunities can you identify to practice this s	skili aga	10.5			

Skill	Rate	yourse	lf		
Study skills	1	2	3	4	5
Give an example of when you used this skill					
How did you do?					
How did you do?					
How do you need to improve?					
What opportunities can you identify to practic	e this skill aga	in?			

Skill	Rate	yoursel	f		
Handling information	1	2	3	4	5
Give an example of when you used this skill					
dive an example of when you used this skill					
How did you do?					
How do you need to improve?					
What opportunities can you identify to practice this s	skill aga	in?			
	-				

Skill	Rate	yoursel	f		
Communication skills	1	2	3	4	5
Give an example of when you used this skill					
ene un example en when you used this skin					
How did you do?					
How do you need to improve?					
What opportunities can you identify to practice this	skill aga	in?			

Skill	Rate	yoursel	f		
Working with others	1	2	3	4	5
Give an example of when you used this skill					
Give an example of when you used this skin					
How did you do?					
How do you need to improve?					
What opportunities can you identify to practice this	skill aga	iin?			

Skill	Rate	yoursel	f		
Scientific or practical skills	1	2	3	4	5
Give an example of when you used this skill					
dive an example of when you used this skill					
How did you do?					
How do you need to improve?					
How do you need to improve?					
What opportunities can you identify to practice this	skill aga	in?			

Improving learning and performance 1 2 3 4 5 Give an example of when you used this skill	Rate yourself	
Give an example of when you used this skill		oving learning and performance
	sed this skill	an example of when you used this skill
How did you do?		did you do?
How do you need to improve?		do you need to improve?
What opportunities can you identify to practice this skill again?	ntify to practice this skill again?	t opportunities can you identify to practice t

Information communication and technology 1 2 3 4 5 Give an example of when you used this skill 5 How did you do? <	Skill	Rate	yourse	lf		
How did you do? How do you need to improve?	Information communication and technology				4	5
How did you do? How do you need to improve?	Give an example of when you used this skill					
How do you need to improve?	Give an example of when you used this skill					
How do you need to improve?						
How do you need to improve?						
How do you need to improve?						
How do you need to improve?						
How do you need to improve?	How did you do?					
	How do you need to improve?					
What opportunities can you identify to practice this skill again?						
What opportunities can you identify to practice this skill again?						
What opportunities can you identify to practice this skill again?						
What opportunities can you identify to practice this skill again?						
What opportunities can you identify to practice this skill again?						
	What opportunities can you identify to practice this	skill aga	in?			

Skill	Rate	yourse	lf		
Problem solving	1	2	3	4	5
Give an example of when you used this skill					
Give an example of when you used this skill					
How did you do?					
How do you need to improve?					
What opportunities can you identify to practice this	skill aga	in?			
what opportunities can you identify to practice this	SKIII aga	:			