

Teamwork Skills Self-Assessment

Skills are learned behaviours and abilities. There are many different types of skills that are relevant to career development. Effective teamwork skills are very important; take this self-assessment to reflect on your strengths and areas you'd like to improve upon based upon your experiences in your group work.

| Skill | Strong | Average | Needs Improvement |
|---|--------|---------|-------------------|
| Willing to Listen: you listen to and respect various points of view | | | |
| Self-Motivated: you are responsible and dedicated to completing the task at hand | | | |
| Honest: you are fair and willing to share openly with others | | | |
| Reliable and Trustworthy: you can be counted on | | | |
| Effective Communicator: you clearly express your thoughts and ideas | | | |
| Organized: you are prepared and ready to participate and contribute | | | |
| Cooperative: you enjoy working with other team members to reach a common goal | | | |
| Flexible: you embrace change and aren't afraid to try new things | | | |
| Problem Solver: you can identify the issue and find a solution | | | |