



## Building your skills

Here's an opportunity for you to highlight what skills you developed, what you learned and how you applied them.

By summarizing, you will reinforce your lessons learned.

*Recording the skills learned is a way to reinforce learning.*

**Skill pursued** (e.g., Presentation skills) \_\_\_\_\_

### Primary lessons applied

Write down 2-5 main lessons learned that you applied.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Where you applied the new skills

Summarize an example or two to show where you applied the new skills and the improvements you saw.