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.

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.