

STUDENT WORKSHEET

Skill Discovery & Self-Awareness

Purpose of this worksheet:

To help you identify skills, knowledge, and strengths you already have — even if you don't consider them “special” yet.

☐ SECTION 1: REDEFINING “SKILL”

1. A skill does NOT have to be:

- ☐ Technical
- ☐ Advanced
- ☐ Perfect
- ☐ Certified

A skill CAN be:

- ☐ Something you know more than a beginner
 - ☐ Something you've practiced repeatedly
 - ☐ Something people ask you about
 - ☐ Something you understand well
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☐ SECTION 2: ACADEMIC & STUDY-RELATED SKILLS

2. Subjects I am studying / have studied:

(List even if you think they are basic)

3. From these subjects, I am good at:

(Check all that apply)

- ☐ Explaining concepts
- ☐ Making notes or summaries
- ☐ Solving problems

- ☐ Researching information
 - ☐ Teaching juniors
 - ☐ Organizing study material
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☐ **SECTION 3: LIFE & PERSONAL SKILLS (IMPORTANT)**

4. People often come to me for help with:
(Don't overthink — write honestly)

5. Tasks I can do comfortably (even if unpaid):

- ☐ Writing
 - ☐ Organizing
 - ☐ Designing / arranging
 - ☐ Explaining things
 - ☐ Listening & advising
 - ☐ Planning
 - ☐ Managing time
 - ☐ Helping others learn
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☐ **SECTION 4: EXPERIENCE COUNTS (EVEN SMALL)**

6. I have experience in:
(This can be informal or unpaid)

- ☐ Teaching / tutoring
 - ☐ Volunteering
 - ☐ Managing events
 - ☐ Creating content
 - ☐ Helping family business
 - ☐ Online activities
 - ☐ Other: _____
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☐ SECTION 5: SKILL CONFIDENCE CHECK

7. From everything above, list 3 skills I might be underestimating:

1. _____
 2. _____
 3. _____
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8. Which ONE skill feels easiest for me to use or improve right now?

☐ SECTION 6: CLARITY STATEMENT

9. Complete this sentence honestly:

“I may not know everything yet, but I do have strength in _____.”

FINAL REFLECTION (READ THIS)

Skills grow with use, not confidence.
Confidence comes **after** action.

Student Name: _____

Date: _____