

## Competencies and attributes worksheet

On the following page is a suggested mind-map exercise to identify which competencies or attributes you may have used during work, study, or interests. Pick ONE situation (i.e. post-graduate teaching assistant role) and then draw out all the specific things which you were good at during that role (i.e. building rapport with students). Finally, you can identify the most appropriate competency/ies for that specific element.

You may find that each situation has several competencies or attributes which are relevant. This means that one example can potentially be used in several different ways to demonstrate a range of abilities.

The first sheet suggests that you start with your current role, but there are several blank sheets following which you can use for other part-time jobs, research roles or activities, as appropriate.

These sheets will be invaluable when you come to prepare for interviews or applications (which we will expand upon in the 'Preparing Applications' section of this resource).







