

## Skills self-assessment checklist

For each statement indicate how confident you are by shading the box from left to right.



I can ...		→20%	→40%	→60%	→80%	→100%
1	talk about myself, my family and my interests					
2	talk in detail about my field of academic or professional interest					
3	talk about my educational and work experience					
4	explain why I want to follow my chosen course/career					
5	discuss topical issues in the media					
6	talk about the differences between working and studying in my own country and in Ireland					
7	make presentations on a variety of topics					
8	participate effectively in discussions and group projects					
9	listen to lectures on a variety of topics and take notes					
10	do course or job application interviews					
11	identify my learning strengths and weaknesses					
12	use an English-English dictionary					
13	find my way around a library					
14	find specific information in a text					
15	understand the gist of a text					
16	take clear notes on what I am reading					
17	write a formal letter					
18	write an essay giving my opinion					
19	revise and correct my written work					
20	use a computer adequately for my academic/professional needs					