



Team Skills Self Assessment

- I. Write about your strengths and weaknesses in working with or communicating with others. Consider both your informal interactions with friends and family, as well as your more formal participation in classes, meetings, teams, and committees. The questions posed below are designed to stimulate your reflection. You don't have to answer each one directly.

My strengths -

- *In what way(s) am I particularly skilled in working with other people?*
- *What skills do I bring to this team?*
- *What aspects of working with others seem to come naturally to me?*
- *Have I been complimented about any particular interpersonal communication or team skill?*

My weaknesses -

- *Is there an aspect of working with other people that I know I need to improve?*
- *After working through a difficult problem with another person or persons, do I frequently find myself saying, "I should have..." or "I wish I had said..." Is it the same issue every time for me?*
- *What aspects of working with others do I struggle with or find frustrating?*
- *Is there any reason that others might not want to work on a team, committee, or project with me?*

- II. Take a risk. Disclose one of your strengths and one of your weaknesses to the team. Your teammates will listen, thank you for the information, and disclose information about themselves.