

Skills & Abilities Mind Map

We all have different skills and abilities. Some people are creative and good at design. Some people are logical and good at figuring out puzzles. Certain skills/abilities will make us a better fit for certain careers over others. Maybe you are a good listener and would be successful as a counselor. Maybe you have good communication skills and would do well in a career that involves writing.

[Watch this overview video](#) for helpful information on what you need to do.

Use the [CareerInsite](#) (**Create an account to save results**) website to complete the Abilities Exercise (under Know Yourself). Save a screenshot of your results. Use CareerOneStop's website to complete the [Skills Matcher](#) assessment. Download your results (Your Skills box). O*NET can be used for another source to search for careers that match your [skills](#) and [abilities](#).

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Once you have completed both assessments, use [Coggle](#) (Login/Sign in with your school Google Account) to create a mind map that shows your skills and abilities. Include at least **seven skills or abilities** that you identified. Also, include **at least four careers** and show how they match up with your skills/abilities. Make sure to include **images or media** in your mind map. Export your mind map from Coggle and add it to [this collaborative page](#).

Here is a [good example](#).

You may want to use [images from this page](#).

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