AberGrad Skills Checklist – Foundation Year Students

Embarking on a Foundation Degree is the beginning of an exciting process that will advance you academically. At the same time you will enhance your skills and aptitudes in ways that will also boost your performance in your extra-curricular activities. Similarly, skills and abilities you have developed in other aspects of your life are equally relevant to you during your academic studies. Complete the table below to identify the skills you currently have and note how they relate to your academic studies.

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| ***Previous Experiences*** | ***Skills I’ve developed*** | ***How they relate to my academic studies*** |
| ***Clubs, Societies and Sports*** |  |  |
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| ***Hobbies and other Interests*** |  |  |
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| ***Previous Work-related Experience*** |  |  |
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| ***Prior Education-related Experience*** |  |  |
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| ***Foundation Course*** |  |  |
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