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| **Skills Developed** | **Challenge** | **Action taken** | **Results** | **Self-reflection/ Key takeaway** |
| **Adaptability**  (e.g challenge faced in an internship; situation where you handled a lot of pressure; time you failed) | \*Not enough work  \*Too much work  \*Afraid to ask question | \* I asked to my manager for assigning me some work if there is no work for me.  \*If I assigned lots of work if I am not able to complete in given time so I asked to concern person for time extension.  \* I increase my confidence level to clear my doubt and to ask question. | \*He like me to assigned some extra work  \* I felt relax after completing the given task  \*finally it's very easy to ask question without any fear | I am satisfied with all these thing which works for me |
| **Analytical**  (e.g project where you had to perform detailed research and analysis) | **NA** | **NA** | **NA** | **NA** |
| **Communication**  (e.g convince someone of your idea, present complex information, get your point across) | I felt a lot of difficult to convince people in my team | I try to handled people according their ideas and I added both of us ideas to our project and explore the things more | I got very positive interaction with people | I am happy with this things that I successfully convince the peoples and they like my way. |
| Initiative  (e.g stepped up to a challenge, identified a problem and took action to solve it, did something even though not your ) | Sometimes be a situation that time I want to initiative myself | At this situation I handled the situation and I also focused on the people onion and then I being proceed move on if the situation like not was comes to participate in particular if any issue occur so at that time I am trying participate in that. | Peoples wish me to came as an initiative | I am glad to initiative my self |
| **Skills Developed** | **Challenge** | **Action taken** | **Results** | **Self-reflection/ Key takeaway** |
| **Leadership**  (e.g coordinated several people to achieve a goal, led a group but not successful) | There is a biggest challenge to coordinate with people as an leader I experience most | I interact with people I motivate them about work I work with them to achieve goals sometime if failure happens I find the ways as an team leader without disappointing some one | The thing worked for me as an leader I got positive response from people. | I am trying to improving myself in leader that help me in future. |
| **Planning & Organization**  (e.g overcame a tight timeline, handled multiple responsibilities, manage your time and prioritize tasks) | For particular task time management is most important factor that I faced | I planned for particular work by involving my team mate and discuss about time management and assigned particular work individually according to workload and time period | I got success in planning sometime I disappointed but I handled it | I want to improve in this and more work on time management |
| **Problem-solving skills**  (e.g talk about a problem/obstacles faced to reach a goal and how you solved it) | It is important to solve issue regarding work | I found the solution by discussing with my teams mates and work on it otherwise I go through my senior advice and also trying to resolve with my own | Using this I resolved the issue and got succeed in that sometime failure happens but I never got disappointed | I want to work hard on problem solving and trying to solve issue as soon as possible |
| **Teamwork**  (e.g when you worked on a team to achieve a goal; conflict faced when working on a team; | When I work with team it is quite difficult to survive with people which are opposed to me | I am trying to handle those people which are oppose to me and trying to understand them and proceed further and never disappointed people in team | I successfully handle those people which are opposed to me | I want improve my skill to work better in team |