

Shape Your Future – Skills Survey



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Well done on completing the Skills Survey! Below you will find a report with your feedback for each attribute based on your responses.

This is your record of where you are at this moment in time. Use the feedback to guide your thoughts on where you would like to develop in the year ahead, and beyond, as you begin to set goals. There are links to the resources so use these as a guide to start with.

Use resources on the app to enhance your skills and knowledge for all the CMET attributes, but you might like to focus particularly on those where you are 'Exploring'.

Personal Branding



Digital Skills



Problem Solving



Communication



Motivation



Adaptability



Leadership



Career Management



Personal Branding



You scored 63 of 75

Confidence level: **Compete**

Looking strong- You're looking confident but there's always room for improvement, use the literature below to grow your confidence.

- [A guide to Personal Branding](#)
- [Is your social media Employment ready?](#)
- [Personal Branding Snap Quiz](#)
- [Personal presentation tips](#)
- [Collaboration Digital Badge Quiz \(PBX5001\)](#)
- [PBX4001: Collaboration Digital Badge Quiz](#)
- [The power of networking with Prospects](#)
- [Meeting Etiquette](#)

Digital Skills

You scored 51 of 75

Confidence level: **Compete**

Digitally Literate- You've already got fantastic knowledge. Continue to grow to be work ready.

- [Converting Documents into a PDF](#)
- [Converting Documents into a PDF](#)
- [PBX4001 Digital Skills Snap Quiz](#)
- [Digital Skills Snap Quiz](#)
- [Digital Communication at Cardiff Met](#)
- [Digital Communication at Cardiff Met](#)
- [Digital Skills Courses for Students](#)

- [Digital Skills Courses for Students](#)
- [Digital Essentials: A digital skills induction for students](#)

Problem Solving



Confidence level: **Compete**

You've got the solution- You're a great problem solver. Check out the resources below to get work-ready.

- [Five Why's](#)
- [Five Why's](#)
- [Business Advice Hour](#)
- [Business Advice Hour](#)
- [Business Advice Hour](#)
- [Business Advice Hour](#)
- [Planning and preparation](#)
- [Planning and preparation](#)

Communication



Confidence level: **Compete**

Confident Communicator- You're on the right track, keep building those skills

- [10 tips For Effective Communication In The Workplace](#)
- [Active Listening](#)
- [Active Listening](#) (PBX5001).
- [Building Self-Esteem And Communication](#)
- [The Art of Communication](#) (PBX5001).
- [PBX4001: The Art of Communication](#)
- [The Art of Communication](#)
- [Collaboration Digital Badge Quiz](#) (PBX5001).
- [Communicating effectively at work](#)

Motivation



You scored 66 of 75

Confidence level: **Compete**

Highly motivated- You're an employers dream. Check Shape Your Future for the latest events to go from strength to strength

- [What Motivates You?](#)
- [What Motivates You?](#)
- [What is Motivation?](#)
- [What is Motivation?](#)
- [Build Self Motivation Skills](#)
- [Motivation Quiz](#)
- [Increasing Your Motivation](#)
- [Increasing Your Motivation](#)

Adaptability



You scored 62 of 75

Confidence level: **Compete**

Strength to strength- Wow you've got some great adaptability skills already. Use the resources and events to stay on top

- [Adaptability And Taking Feedback](#)
- [Adaptability Snap Quiz](#)
- [What is Growth Mindset](#)
- [Business Advice Hour](#)
- [Business Advice Hour](#)
- [Business Advice Hour](#)
- [Business Advice Hour](#)

- [The Power of Believing That You Can Improve](#)
- [How Adaptability Skills Can Help To Tackle Novel Problems](#)
- [How Failure Cultivates Adaptability](#)

Leadership



You scored 56 of 75

Confidence level: **Compete**

Strength to strength- You've shown great leadership qualities Use the resources below to ensure you continue to grow.

- [What I Have Learnt](#)
- [What Are Leadership Skills?](#)
- [What Are Leadership Skills?](#)
- [Business Advice Hour](#)
- [Business Advice Hour](#)
- [Business Advice Hour](#)
- [Business Advice Hour](#)

Career Management



You scored 57 of 75

Confidence level: **Compete**

Strength to strength- Wow you've worked on your Career Development already. Use the resources and events to stay on top

- [Study, work or volunteer abroad](#)
- [What I Have Learnt](#)
- [Guide to Job Hunting for International Students](#)
- [Cardiff Met's International You Tube Channel](#)
- [Career Management Snap Quiz](#)
- [Searching for graduate roles](#)
- [Collaboration Digital Badge Quiz \(PBX5001\)](#)

Why not save your report so that you can share with others or compare it with a future report once you retake your indicator.