**Cumulative Self-Assessment**

This section allows you to add up your scores from the previous exercises and to get some guidance how to use your result in order to improve your skills.

|  |  |
| --- | --- |
| **Activity** | **Score** |
| Cognitive Ability I |  |
| Cognitive Ability II |  |
| Self-Management I |  |
| Self-Management II |  |
| Research Management I |  |
| Research Management II |  |
| Communication I |  |
| Communication II |  |
| **Final Score** |  |

Next Steps

30 points or less: some work needs to be done, but there are plenty of resources to help you.

* Seek advice as to which areas in particular need improving and how to best address these issues. Consider talking to your supervisor, PGR coordinator, to a more advanced PhD student in your subject area, PGR team or advisor.
* Seek out further activities which can help to improve your skills base – these could be to take training sessions, peer support groups or online resources (e.g. Vitae).

Remember you are only at the beginning – there is plenty of time to work on your skills: start making a plan!

31-60 points: Well done! Certain skills can be improved by

* Attending training workshops, for example from your Graduate School or from postgraduate associations in certain subject areas, or
* Browsing generic websites for advice and further practical hints and tips (e.g. Vitae)

Take a lead from your scores above – what are your weakest areas?

61-80 points: Very well done!

* You can further hone your well-developed skills by teaching/ sharing your experience with others as this is always a good learning experience and could help to place your own skills into a new perspective.