

COMPETENCIES	DESCRIPTION	EXAMPLE(S)
Communication	The transfer of information, verbal or written. An important part of communication is also listening.	Customer service roles, working on a student newspaper/blog, writing reports, presenting research.
Problem solving and creativity	Ability to think outside the box and creatively approach a task to successfully complete it.	Developing new procedures to streamline a project, finding a solution to a problem in the laboratory.
Analytical and research skills	Ability to think critically, analyze and assess information and collect data.	Writing critical reviews and laboratory reports, final-year project in the lab.
Proactive thinking and self-motivation	Ability to anticipate difficulties and take action without instruction at every step.	Timely submission of an assignment despite unforeseen circumstances.
Leadership and management	Ability to manage and motivate a team to meet targets and deadlines.	Being the president of a society, of a social or musical group, being a sport team captain.
Teamwork	Ability to work well with others, being reliable, and supportive.	Group assignments, being a member of a sports team or a university society.
Planning, organizational and time management	Ability to plan, manage and prioritize multiple tasks to complete them by a deadline.	Meeting coursework deadlines, organizing an event, combining a degree with a job.
Interpersonal skills	Ability to interact with a range of people in a professional manner.	Customer service job, being part of a team, outreach work within your community.
IT and technical skills	Confidence in using technology and specific scientific techniques.	Using Excel to manage budgets, lab experience.