



www.skillssummary.ie

Skills Summary

The easy way to track and develop your life skills

Core Competencies



Identify your key life skills by answering 12 short questions in each of our 12 categories

Skills Summary



Review your progress and record your experience on your personalised Profile Page

Endorsements



Request endorsements from your peers or mentors to support your CV preparation

WHAT IS SKILLS SUMMARY?

- ✓ **Easy to use** online tool for young people between 16 and 25
- ✓ **Measures the skills** young people gain through youth work and volunteering
- ✓ **Builds confidence** by mapping core competencies
- ✓ **Helps young people** communicate the value of these skills to future employers
- ✓ **Supports CV** and job interview preparation
- ✓ **Recognised** measurement tool under the Youth Employability Initiative



How Skills Summary can be used

Simply login on www.skillssummary.ie and explore, test and develop up to 12 life skills by:

- watching short, accessible videos and examples
- taking simple multiple choice questions and identifying key strengths
- recording examples of your experience
- keeping an overview of your skill levels and progress
- getting endorsement from youth workers



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An Roinn Leanaí
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Department of Children
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