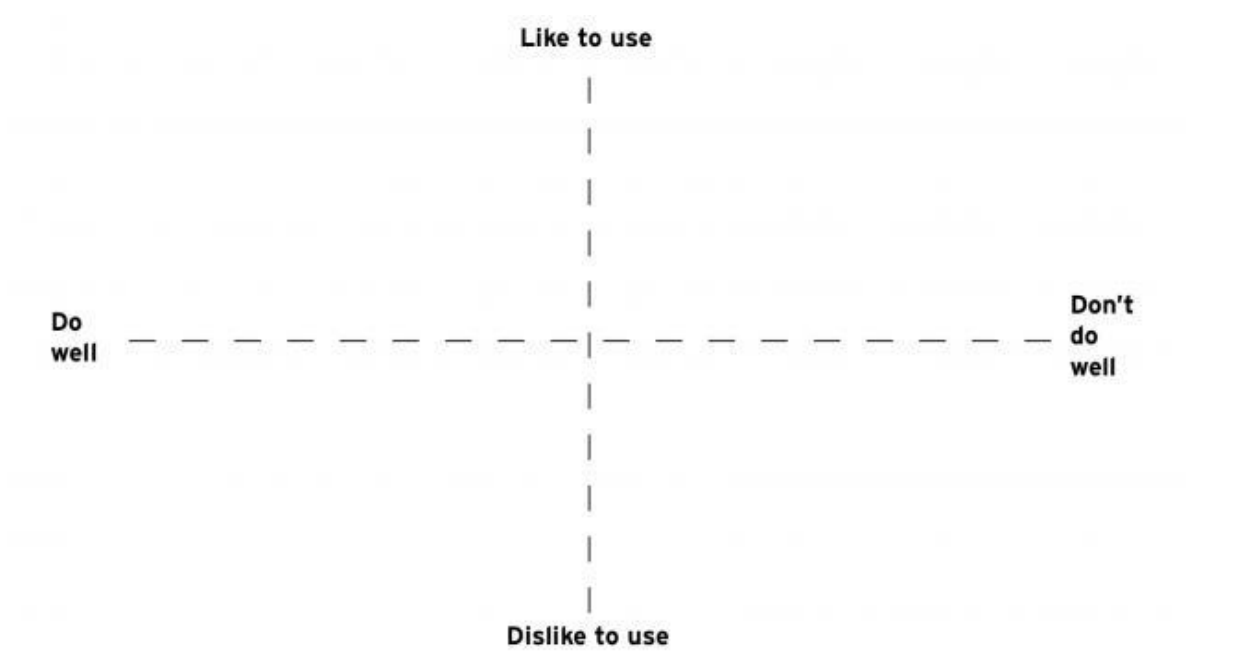


## Skill Development

Interested in a career in clinical research but not sure where to start? Below is a list of soft skills that are important to have if you are pursuing a career in clinical research. Review the below skills and complete the activity. Understanding your skills can help you discover if a career in clinical research is a good match for you.

Active Listening	Delegating	Process Improvement
Adaptable	Dependable	Project Management
Attention to Details	Empathy	Public Speaking
Communication (Verbal)	Facilitation	Relationship Building
Communication (Written)	Growth Mindset	Self-Discipline
Collaboration	Organization	Strategic
Conflict Resolution	Patience	Taking Initiative
Critical Thinking	Problem Solving	Time Management

Place the skills you use most onto a chart like the one below. You can list skills in a section (for example, "these are the skills that I like to use and do well"). Or you can be more quantitative and place points for your skills at positions relative to how much you like to use them and how well you perform them.



### Reflection Questions:

- Are you surprised by the skills in the **Do Well/Like** category?
- How will the **Don't Do Well/ Dislike** category shape your future career search in clinical research?
- Are the skills in the **Do Well/Dislike** category things that would make up most of your work in careers you're interested in?
- What are ways you can improve the skills in the **Don't Do Well/Like** category? Some ideas include: Pursuing Degree Programs and Other Training Opportunities, exploring Experiential Learning Programs, and exploring The Center for Pathways program. More information can be found [here](#).