

# Identify Your Skills

**Find a Career...Change a Career...My Next Move:** In this workshop, you will learn how to use this online tool to search for different occupations and the skills needed in that occupation. Take advantage of the online interest profiler to help you best match your skills and interests to find the career suited for you.

**SCAR-Q, Discover Your Competencies:** *S = Situation C = Challenge A = Action R = Result Q = Quantify* Learn how to relate your accomplishments and demonstrate your skills by “telling a story” using the SCAR-Q format. After this workshop you will understand how to highlight your career skills and be able to talk about those skills and experiences in an interview setting.

**Required: Bring with you a job posting for which you are applying.**

**Your Transferable Skills:** Skills are acquired in a variety of settings in work and life. Transferable skills are those that can be used in every occupation, regardless of the type of work. Knowing your transferable skills can help you choose a career or make a career change. Identifying your transferable skills also gives you a better sense of the strengths you can offer employers. In this workshop you’ll have the opportunity to identify your transferable skills and reflect on how you can best apply them to your next position.

To register for these workshops [click here](#)