

Workshop Handout: Reflections

Opening brainstorm: What non-technical skills do research supervisors/employers value?

Articulating your soft skills: Choose three skills that are strengths of yours. What are **specific examples** of you displaying these skills?

1.

2.

3.

Practice requesting a reservation: Imagine you are applying for a summer research program (or the opportunity of your choice). Plan to request a recommendation!

- Who are you asking? *Refer back to our earlier discussions to choose someone who can write about your skills, attributes, and abilities – with illustrating examples.*
- Prepare to have a conversation with that person, or outline the email you'll send:
 - Greeting
 - What you're applying for
 - Why you're asking them
 - Specific examples that demonstrate the relevant skills/behaviors your recommender has witnessed
 - Submission details and deadline
 - A list of information or documents you are providing