

Examples of Meta-Skills

This list contains examples of meta-skills. It is not exhaustive, and you may have skills that are not included here. List all the skills you possess, even if only to a small extent. You can also categorise your skills according to how proficient you are in each one.

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- Critical thinking
 - Adaptability
 - Self-direction
 - Self-confidence
 - Self-motivation
 - Flexibility
 - Empathy
 - Self-awareness
 - Goal setting
 - Self-management
 - Reflective thinking
 - Resilience
 - Time management
 - Initiative
 - Self-motivation
 - Self-assurance
 - Adaptability
 - Organizing
 - Self-control
 - Innovation
 - Awareness of one's own learning process
 - Capacity for self-reflection
 - Ability to resist temptations
 - Ability to adapt to different situations
 - Ability to recognise one's own strengths and areas for development
 - Independent decision-making
 - Goal-oriented behaviour
 - Accuracy
 - Work ethic
 - Social intelligence
 - Prioritisation skills
 - Analytical thinking
 - Self-directed learning
 - Self-assessment
 - Creativity
 - Concentration
 - Consistency
 - Ability to quickly acquire new knowledge and skills
 - Adaptability
 - Self-regulation
 - Concentration
 - Planning one's own work
 - Critical thinking
 - Analysing and adapting one's own work

