

unifrog

Quick task:
Taking the Skills profile
quiz

Using the Unifrog Skills profile tool (quiz)



The next few slides will show you how to use the Skills profile tool.

- After logging into your Unifrog account, scroll down to 'Quizzes.'
- Click 'Start' on the 'Skills profile' tile.

Quizzes

The screenshot displays a 'Quizzes' section with four profile tiles. Each tile includes a title, a checkmark indicating the last taken date, and a 'Start >' button. The 'Skills profile' tile is highlighted with a red border, and a mouse cursor is pointing to its 'Start >' button.

Profile Name	Last Taken	Start Button
Interests profile	6 Jan 23: C and S and I	Start >
Personality profile	20 Sep 22: ISTJ	Start >
Work environments profile	13 Jan 23	Start >
Skills profile	13 Jan 23	Start >

Using the Unifrog Skills profile tool (quiz)

The Skills profile quiz estimates your strengths relating to 22 different skills:

Speaking

Teamwork

Caring

Technical skills

Listening

Creativity

Writing

Planning

Adaptability

Practical skills

Leadership

Problem solving

Physical abilities

Reading

Resilience

Attention to detail

Independence

Critical thinking

Digital literacy

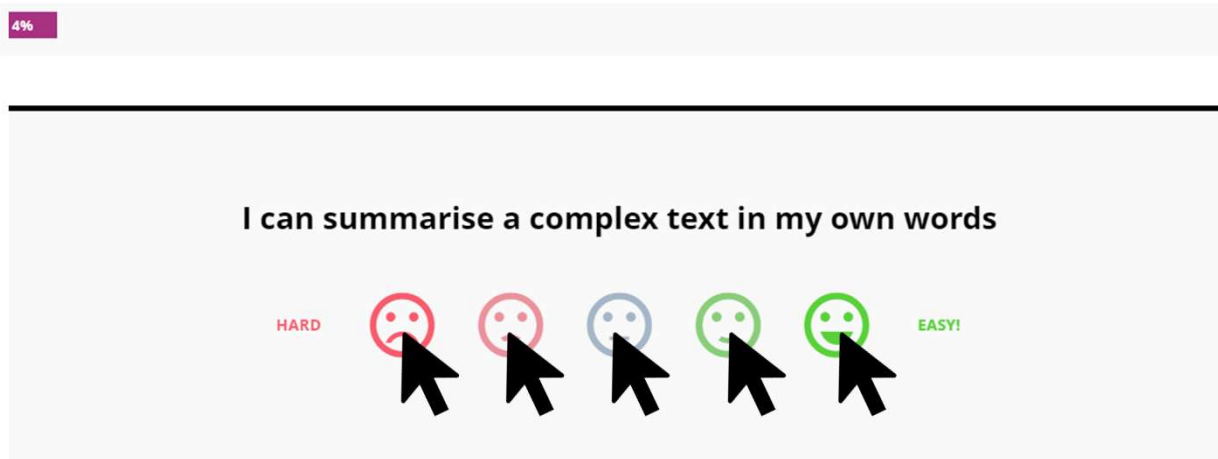
Numeracy

Organising

Working under pressure

Using the Unifrog Skills profile tool (quiz)

- The quiz will ask you to answer a range of different questions.
- You can select whether you find each situation hard, easy, or somewhere in between.



Using the Unifrog Skills profile tool (quiz)

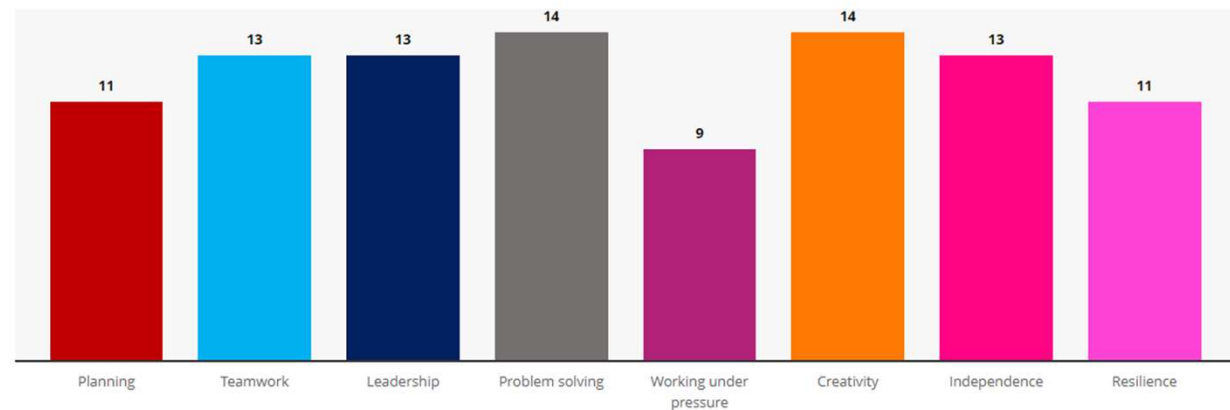
- Once you are finished, click 'Get your results.'
- You will then see your estimated level in your school or college's key skills.



Your estimated level in your school's key skills

Levels go from 6 to 15.

Get your results >



Using the Unifrog Skills profile tool (quiz)

Scroll down, and you will also see your estimated level for all 22 of the skills in the quiz.

Your estimated level for the 22 skills in the quiz

Levels go from 6 to 15. Your school's 'key' skills are marked with 🏆

To see detailed information about what the levels mean, go to the [Skills tool here](#) >

⚡ HARD SKILLS

Digital literacy: 15

Effectively using digital tools like the internet and software
Examples recorded: None yet [+ example](#)

Practical skills: 14

Effectively dealing with real-world situations
Examples recorded: None yet [+ example](#)

Technical skills: 13

Effectively using technical equipment
Examples recorded: None yet [+ example](#)

Reading: 12

Understanding the meaning of texts
Examples recorded: None yet [+ example](#)

Numeracy: 10

Working successfully with numbers
Examples recorded: None yet [+ example](#)

Writing: 9

Communicating clearly with writing
Examples recorded: 1 (highest level: 15) [+ example](#)

👤 ABILITIES

Problem solving: 14 🏆

Finding a solution to a situation or challenge
Examples recorded: None yet [+ example](#)

Creativity : 14 🏆

Using your imagination to come up with new ideas
Examples recorded: 1 (highest level: 14) [+ example](#)

Organising : 12

Managing yourself and others to achieve a specific goal
Examples recorded: None yet [+ example](#)

Critical thinking: 11

Evaluating information in order to form your own opinion
Examples recorded: None yet [+ example](#)

Planning : 11 🏆

Setting goals and devising a route to achieve them
Examples recorded: None yet [+ example](#)

Physical abilities: 11


Performing physically demanding tasks
Examples recorded: None yet [+ example](#)

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Skills test

Take our tests to see how you score in some of the measurable skills. You can try them at any age, but they are aimed at students aged 16-18. These types of tests are common on some exams (like the SATs and the UCAT) and at interviews for jobs or apprenticeships in certain sectors, where they might be called abilities or aptitude tests.

Our tests are untimed so you can practice. If you can finish each test in 15 min or less, this means you have a good grasp of the topics. Many companies and exams will expect you to be able to complete these types of questions much quicker however, so aiming for 12 or even 10 minutes per test would be good preparation.



You might notice a section called 'Skills test.' You will explore this section of the Skills profile in a separate session, so you can ignore it for now.

Test	Score
Numbers Take now >	Not done yet <small>You'll need a calculator + pen/paper</small>
Words Take now >	Not done yet
Reasoning Take now >	Not done yet

Taking the Skills profile quiz



Now it's your turn to take the quiz!

Answer all of the questions as honestly as you can.

Quizzes

Interests profile

✓ Quiz last taken 6 Jan 23: C and S and I

Start >

Personality profile

✓ Quiz last taken 20 Sep 22: ISTJ

Start >

Work environments profile

✓ Quiz last taken 13 Jan 23

Start >

Skills profile

✓ Quiz last taken 13 Jan 23

Start >

Hard skills: digital literacy, technical skills, reading, numeracy, writing

Abilities: practical skills, problem solving, creativity, organising, planning, physical abilities

People skills: caring, teamwork, leadership, listening, speaking

Attitude: attention to detail, independence, adaptability, critical thinking, resilience, working under pressure

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Sign in at:

unifrog.org/sign-in