

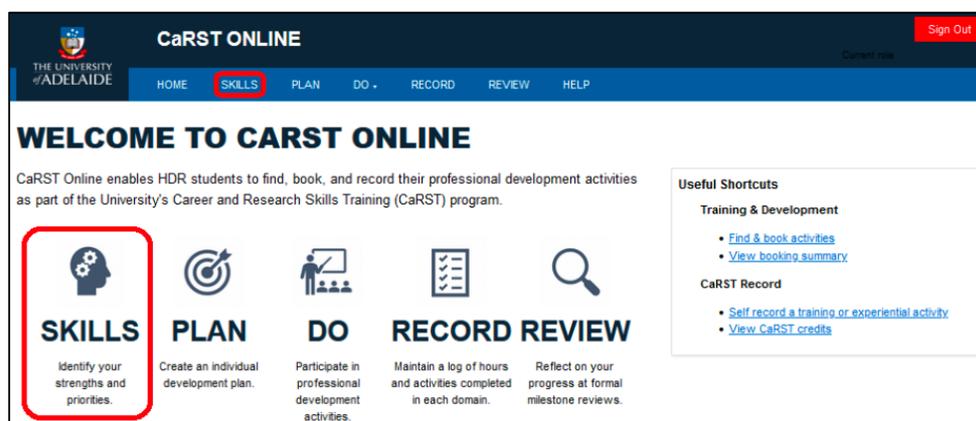
# Complete your Skills Assessment

## Introduction

To ensure that you are completing professional development activities that are most beneficial to you, complete a Skills Assessment when you first log-in to CaRST Online.

## Procedure

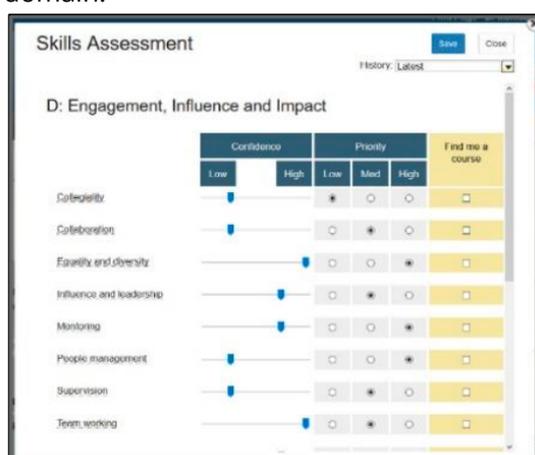
1. From the Homepage, click on **Skills**. This will take you to Skills Assessment page.



2. The Skills Assessment page has a section for each domain of the Researcher Development Framework that you will need to complete. Once you assess your skills from all four domains, your top 5 skills and top 5 priorities will be automatically generated from the information you have entered.



3. Click on any of the four domains. This will open up a window that lists the skills that belong in that domain.





- For each skill, use the slider to rate yourself on how confident you are that you possess that skill. You can get more information about the meaning of the skill by hovering the mouse over the word. This will bring up a definition.



- Set a priority for how important the skill is to you and your research.



- If you are interested in finding a training course related to a particular activity, check the 'Find me a course' box for that skill.



- Continue through the list, rating yourself against each skill. Complete all four domains. When you have completed all four domains, you will see your top 5 skills and your top 5 priorities displayed on the right hand side of the page.
- The Tools section on the Skills Assessment page has links where you can:
  - **See Suggested Courses** to display a list of courses that address the skills you are interested in
  - **Print your Skills Assessment**

For more information on how to book at course see the **How to Book a Course** guide in the **Help** section.



## Contact Us

For further support or questions, please contact Research Technology Support on +61 8 8313 7799 or [researchsupport@adelaide.edu.au](mailto:researchsupport@adelaide.edu.au)

If you have a question relating to the CaRST program, please visit their website at <https://www.adelaide.edu.au/graduate-research/career-development> or contact the CaRST team at [carst@adelaide.edu.au](mailto:carst@adelaide.edu.au)