

# DofE Skills Map

This DofE Skills Map is to help you to identify what skills you have gained from your award. You can use it to write an application, produce a CV or to remind you of what skills you have at an interview.

Volunteering	Physical
<ul style="list-style-type: none"> <li>✓ Reliable</li> <li>✓ Time Management</li> <li>✓ Self-Motivation</li> <li>✓ Commitment</li> <li>✓ Team Work</li> <li>✓ Compassion/caring for others</li> <li>✓ Supporting the local community</li> <li>✓ Taking responsibility</li> <li>✓ Understanding of strengths and weaknesses</li> <li>✓ Leadership</li> <li>✓ Communication with others</li> </ul> <p>What else have you gained from this section?</p>	<ul style="list-style-type: none"> <li>✓ Improved physical health and well-being</li> <li>✓ Working towards goal</li> <li>✓ Have fun and unwind</li> <li>✓ Developing an interest</li> <li>✓ Working with others</li> <li>✓ Commitment</li> <li>✓ Recognising achievement</li> <li>✓ Meeting a challenge</li> <li>✓ Skill development and coordination</li> <li>✓ Understating of rules and safety</li> <li>✓ Reflect on progress</li> </ul> <p>What else have you gained from this section?</p>
Skills	Expedition
<ul style="list-style-type: none"> <li>✓ Development of social and practical skill</li> <li>✓ Increased confidence and self esteem</li> <li>✓ The ability to learn new things</li> <li>✓ Working alongside others</li> <li>✓ Commitment to learn new things and personal development</li> <li>✓ Ability to meet new challenges</li> <li>✓ Commitment</li> </ul> <p>What else have you gained from this section?</p>	<ul style="list-style-type: none"> <li>✓ Working as a Team</li> <li>✓ Problem Solving</li> <li>✓ Commitment</li> <li>✓ Communication with others</li> <li>✓ Leadership</li> <li>✓ Self sufficient</li> <li>✓ Organised</li> <li>✓ Awareness of safety and recognising hazards</li> <li>✓ Dealing with unexpected challenges</li> <li>✓ Recognising the importance of decision making and the consequences</li> <li>✓ Recognising own ability and the potential of others</li> <li>✓ Achievement of shared goals</li> </ul> <p>What else have you gained from this section?</p>
Residential section (Gold only)	
<ul style="list-style-type: none"> <li>✓ Confidence in an unfamiliar environment</li> <li>✓ Ability to meet new people and build relationships</li> <li>✓ Able to accept responsibility for self and others</li> <li>✓ Develop respect and understanding for others</li> <li>✓ Develop skills and attitudes to live and work with others</li> </ul> <p>What else have you gained from this section?</p>	