

Ability Self-Inventory

The following inventory will help you identify your abilities and skills. Please rate yourself for the skills listed under the different ability categories by checking the best descriptor -- Good, Average, or Poor.

1. Verbal ability: able to understand written material and express self fluently.	Good	Average	Poor
2. Mathematical ability: able to understand and do arithmetic problems quickly and accurately.	Good	Average	Poor
4. Musical ability: able to appreciate or perform well musically.	Good	Average	Poor
5. Interpersonal ability: able to help, teach, influence or counsel others.	Good	Average	Poor
6. Artistic ability: able to express self in a creative way.	Good	Average	Poor
7. Scientific ability: able to understand, organize, observe, and experiment with scientific information.	Good	Average	Poor
8. Mechanical ability: able to work with machines, tools, or repair and assemble different things.	Good	Average	Poor
10. Agricultural ability: able to make things grow, or to work with animals.	Good	Average	Poor
12. Organizational ability: able to arrange and manage information and numbers.	Good	Average	Poor
13. Athletic ability: able to participate in group or individual physical activities.	Good	Average	Poor

Idea modified from: Zeien, K., Anderson, B. (1999). Activity 65: Aptitude self inventory. *Bridges: Making the Transition from School to Work* (pp. 116-117). MA: J. Weston Walch, Publisher.