Interpersonal Skills Self-Assessment Results

Hello Juan

Thanks for completing the SkillsYouNeed Interpersonal Skills Self-Assessment.

Your overall score was: 52%

Based on the answers you provided your interpersonal skills are about average – compared to other people. Although you have a basic grasp of the key interpersonal skills, there is still a lot you can do to improve them further. Spend some time practising and developing your interpersonal skills to enhance your relationships with others further.

Listening Skills

Your score: 65% (Average)

(You rated your listening skills as: Average)

Based on the answers you provided your listening skills are average, the majority of people fall into this category. You may have picked up some bad listening habits or never thought about the active processes involved in effective listening. Although your listening is OK you should think about developing your listening skills further by consciously practising effective and active listening.

See our pages: Listening Skills and Active Listening for more on developing listening skills.

Emotional Intelligence

Your score: 47% (Average)

You achieved an average score for the emotional intelligence part of the assessment. Emotional intelligence is a measure of how well you understand and deal with your emotions and the emotions of others. Developing a better
awareness of emotions and understanding why you and others behave in certain ways will enhance your interpersonal skills. It is worth taking some time to understand and improve your emotional intelligence as it could be the most important aspect of personal development. Research has shown that people with higher emotional intelligence enjoy more satisfying and successful careers and relationships.

See our pages: Emotional Intelligence and Counselling Skills for more information.

Verbal Communication

Your score: 61% (Average)

(You rated your verbal communication skills as: Average)

Your verbal or spoken communication is average, most people fall into this category. As with all elements of interpersonal skills you should aim to work on improving your ability to communicate effectively using your voice – saying the right things at the right times to enhance the communication process. When you speak to others take time to think about what you are saying and how you are saying it – remember that understanding is the goal of successful communication, how could you improve your message?

See our pages: Verbal Communication and Effective Speaking for more information.

Communicating in Groups

Your score: 37% (Below Average)

Based on the answers you provided you are not particularly confident about communicating in group situations, your score is below average. In most careers and while at school or university there will be occasions when you need to participate effectively in a group situation. When possible you should work on building your confidence around other people, practise in social and family settings. You may find that working on your verbal communication and listening skills will also help to boost your confidence.

See our pages: Group Cohesiveness and Self-Esteem for more information.