

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