You are going to need to refer to this so you can mark your skill in different areas - don't worry too much about the fine detail - 1=I know nothing, 5=I am an expert

Identify where the experience came from and if/how you would like to improve

Enter any ideas you have for training that could be useful - don't worry if you are not sure what you can do, your supervisor will help

You can rate the priority however suits you best, on a scale or with dates or some other way - think about how you work well

Training may take many forms, it does not have to be a class or official session

Training and experience does not have to be in an educational setting so long as you can explain what was done

Don't worry what your experience level is, the purpose of this exercise to find areas to work on.

Identify areas for improvement

Setting specific dates to achieve things by can be helpful