

Military transition action timeline: 9 months

Describing my talents, skills and knowledge

Use the information that you gathered about your talents, skills and knowledge. Now focus on describing them in civilian language.

Talents

Things you are born with — for example, assertiveness, empathy and competitiveness

Skills

Learned behaviors — for example, how to read a map or how to give an injection safely

Knowledge

Information you have learned through experience and training — for example, a foreign language or math

My talents	Civilian description
My skills	Civilian description
My knowledge	Civilian description

Now, describe your talents, skills and knowledge aloud as if you were telling someone about yourself. Ask someone in your network to role play, with you as the applicant and the other person as the interviewer. Continue practicing this until you feel comfortable talking about your talents, skills and knowledge.