

		Excellent	Good	Average	Poor	None
Competence or skill	Project management					
	Moderator					
	Facilitator					
	Creative in ...					
	Academic writing					
	Proof reading					
	Laboratory work					
	Statistics					
	Human nutrition physiology					
	Video editing					
	Camera handling					
	Oral presentation					
	Academic English					
	Trial design					
	Food science					
	Social					
	Keeping deadlines					
	Additional competency needed #1					
Additional competency needed #2						
Additional competency needed #3						
Additional competency needed #4						
Additional competency needed #5						

		Excellent	Good	Average	Poor	None
Competence or skill	Your competency #1					
	Your competency #2					
	Your competency #3					
	Your competency #4					
	Your competency #5					
	Your competency #6					
	Your competency #7					
	Your competency #8					
	Your competency #9					
	Your competency #10					