What Can You Contribute?

Knowledge, Skills, and Value Inventory

By Cristo León, Ph.D.

Purpose: Identify what you have learned, what you can do, and how these capabilities could provide value to another person.

You do not need to select a company, identify a job, or claim professional experience. Focus on knowledge and abilities you have developed during your education.

Step 1. Inventory: What do you know and what can you do?

A. Knowledge and methodologies

Identify three concepts, bodies of knowledge, or methodologies you have learned well enough to explain and apply.

For each one, answer:

Concepts	1._____	2._____	3._____
What is it?			
What does it help you understand or accomplish?			
Where did you learn it?			

These nine answers are "items from your knowledge inventory".

B. Applied skills

Identify three skills you believe you have mastered sufficiently to apply independently.

For each one, answer:

Skills	1._____	2._____	3._____
What can you do?			
How would you demonstrate this skill?			
What specific academic or personal activity supports your claim?			

These nine answers are distinct dimensions of each skill: Capabilities, demonstrations, and evidence.

© 2026, Cristo Leon. CC BY-NC-SA 4.0. Attribution-NonCommercial-ShareAlike 4.0 International

Step 2. Application: What can you accomplish?

Select one concept, body of knowledge, or methodology from your knowledge inventory and one applied skill from your skills inventory. Explain how you could combine them to accomplish a meaningful task.

- Item from my knowledge inventory._____
- Distinct dimension of one skill._____

Explain how you could combine them to accomplish a practical task, solve a problem, or communicate something important.

Describe what you would actually do, not simply what you know.

Step 3. Beneficiary: Who could benefit?

Identify a person or group that could benefit from your selected knowledge and skill.

Person or Group
Who are they?
What do they need to know, understand, or accomplish?
What misconception, challenge, or unanswered question could you help them address?

You do not need to identify a company or employer.

© 2026, Cristo Leon. CC BY-NC-SA 4.0. Attribution-NonCommercial-ShareAlike 4.0 International

Step 4. Value: Why does your contribution matter?

Complete this statement:

I can use my knowledge of _____ and my ability to _____ to help _____ understand or accomplish _____, because _____.

I can use my knowledge of

Then answer:

What specific value would another person gain from your contribution?

Final reflection

Which part of this inventory was most difficult to complete, and why?

What additional knowledge or skill would strengthen your ability to make this contribution?

© 2026, Cristo Leon. CC BY-NC-SA 4.0. Attribution-NonCommercial-ShareAlike 4.0 International