A note about social service/social work experience when filling in your application:

been involved with community level strategy and government entities? This may include advocacy work, assuming leadership roles in non-profit or government agencies, building community capacity, developing policies, etc.

Here is a brief list of social work skills that may help you as you begin to identify what you've done:

Engagement

Assessment

Planning/Contracting with clients

Evaluation

Interviewing

Resourcing

Advocating

Active listening/Attending

Communication skills such as clarifying, paraphrasing, summarizing, use of empathy

Critical thinking and problem-solving

Report writing and documentation

Leadership

Consultation

Facilitation

Note-taking

Research, including practice evaluation

Policy analysis or development

Professional and effective use of self

Reflective practice

Self-awareness

Management of professional relationships

Transformative action

Community assessment, planning, and development

Effective use of supervision and consultation