

# Managing your skills and expertise

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## What are skills?

Skills describe the expertise, methods, and techniques you use in your research and help identify specialists in specific fields. We use them to recommend content relevant to your work, so it's important to keep your skills up to date.

## Adding skills to your profile

You can add skills to your profile in a few simple steps:

1. Go to your [Profile](#) tab
2. Click on **Edit** at the top right corner of the **About me** section and select **Edit skills and expertise**
3. Type the skill you want to add or pick from our suggestions
4. Click **Save** to add your skills to your profile.

You can add up to thirty skills to your profile.

## Removing skills from your profile

Removing skills from your profile is quick and easy:

1. Go to your [Profile](#) tab
2. Click on **Edit** at the top right corner of the **About me** section and select **Edit skills and expertise**
3. Click the **x** next to the skills you want to remove
4. Click **Save** to confirm your changes.

## How can I change my disciplines?

To change or add disciplines to your profile, please go to your ResearchGate profile page. Click on **Edit** on the right side of the **About me** section and select Edit disciplines from the drop-down menu. Add or remove disciplines and then click **Save**.