Efficiency in Design Applications

Are there efficiency tests out there for a designer's knowledge on applications, specifically Creative Suite?

I have worked on various application platforms (from Corel to FH to CS) and I usually choose an application considering the task at hand. As I'm jobhunting and will (hopefully) be starting a job soon, how do I not look like an idiot if I've been - say, using hand drawn selections in Photoshop since forever now - while there's actually a much easier, faster way to do it? Should I shut the hell up and continue down Tutorial Lane?

(I'm looking for blogs etc on this, will post if I find any.)

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