

Self-assessment

Find out your strengths and know where to develop your skills further

According to experts, academic jobs are increasingly found at hidden job markets. This means that a graduating student must be active and take initiative and not only check the vacancies on Sunday's papers.

Applicants must be aware of both what they have to offer to the job market and what the employers expect of them. Knowing one's strengths and weaknesses is a necessity in successful job hunting and in one's self-development. Learn to know yourself!

EXERCISE 1

Think of your past experiences and list five especially meaningful moments. When have you had a feeling of achievement and felt pride over a job well done? When was the last time you really succeeded in something, received positive feedback or overcame an obstacle?

The experiences can be from any sphere of life. You may consider such achievements as getting your thesis done, the birth of a child, winning a reward, giving a successful presentation, overcoming a stressful situation or organising a student event.

1.

2.

3.

4.

5.

This exercise is meant to get you thinking about all the things you have already achieved. It is important to realise that doing these things has demanded various skills and qualities from you.

In the following exercise you will choose from a long list of different characteristics those qualities and skills that describe you the best. Remember that they are not positive or negative as such because people are different and have different characteristics.

The aim of this exercise is to help you to find out your strengths and to know what skills to develop further – and how to make use of your personal abilities when making decisions for the future.