

Self-assessment

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

EXERCISE 4

Which skills and qualities did you refer to the most in Exercise 3? Go through the last column where you describe other skills required. Does some skill or quality occur more often than others? Choose five skills or characteristics which you refer to the most and write them on the list below.

- 1.
- 2.
- 3.
- 4.
- 5.

Have you found your strengths?

Which skills or characteristics do you feel need to be worked on? Return to the list of skills and characteristics and compare that to the ones you underlined on the previous page. Choose five skills or characteristics you feel are important considering your future. How can you develop and work on these? For example, if you wish to improve on your language skills, draw a plan of when, where and how to do that.

- 1.
- 2.
- 3.
- 4.
- 5.

Do you know where to develop your skills further?

Knowing your strengths and finding out where to develop your skills further is essential for your future plans. It is good to build up on your strengths and to acknowledge your weaknesses. The results of this assessment can be of help when you, for example, write a covering letter or prepare for a job interview. It is a good source for finding words that describe you and your abilities.