

Review of My Strengths Report

Instructions:

Read the first section of your Strengths report which tells you the strengths you use often and less often. Write them down below.

Strengths I use often

Strengths I use less often

In the table below, write about the comments you agree with and disagree with.

Comments I agree with

Comments I disagree with

Think about the comments you disagree with and discuss them with your teacher or a friend if you want a second opinion. Is it possible you don't know yourself as well as you thought?

The next section of your report tells you the overall strengths themes with best describe you. Read this section now.

It's important to be able to recognise your strengths as employers, colleges, universities and training providers will want you to describe them.

Instructions:

In the table below write down the career suggestions and subject choices you have been given in your report. Put a tick beside the career suggestions that you think you would be good at and would enjoy so you can research them further.

Career suggestions		Subject Choices
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Instructions:

Go to the 'My career options' section of the My World of Work website. You can view your career suggestions on this page or do your own research using the search box to get you started.

Record your findings for the two job roles which interest you most below.

Job title

Top related skills

Useful subjects

Qualifications

Job Title

Top related skills

Useful subjects

Qualifications

Now consider the following:

- Do you have any of the top related skills needed for these jobs?
- Do you plan to choose any of the subjects which would be useful?
- Are the qualifications needed to do this job achievable?
- Would you enjoy it?

If the answer is yes, that's great, you're on the right track. If the answer is no to any of these questions you may need some help from your teacher or SDS careers adviser to explore your options.

My employability

Instructions:

This section of your Strengths report tells you the six skills and personal qualities employers are most interested in. Work with a partner, read each section of your employability report and write down something you can do to help you develop this aspect of your employability.

Positive attitude

Employers look for people with a willingness to take part, contribute and get things done; people who are resourceful, optimistic and open to change and new ideas.

How can I improve this?

Self-management

Employers look for people who are flexible, resilient and assertive; people who will manage their time, tasks and workload; people who take responsibility for improving their own performance through seeking feedback.

How can I improve this?

Problem solving

Employers look for people who are able to analyse the details of a situation or problem, understand the cause and then apply creative thinking to develop effective solutions.

How can I improve this?

Entrepreneurship and enterprise

Employers look for people who explore better and innovative ways of doing things at work; people who are willing to push boundaries and take risks to achieve success.

How can I improve this?

Teamworking

Employers look for co-operative and contributing team members; people who are considerate and respectful towards their colleagues; people capable of negotiating with and persuading others when necessary.

How can I improve this?

Business and customer awareness

Employers look for people who have a basic understanding of what drives success in their business, who their customers are and what determines customer satisfaction and loyalty.

How can I improve this?