

What are my strengths?

Your strengths are the things that you are particularly good at. This is a list of the top ten skills and values, and examples of ways you can be good at them.

- Rate how much you agree with each sentence by ticking boxes. One tick means it sounds nothing like you, while five means it describes you perfectly
- Add up your total for each skill or value and put your strengths in order with the strongest first

	Not at all					Score (number of ticks)
Personal presentation						
I am clean and neatly dressed	<input type="checkbox"/>	<input type="text"/>				
I am polite and show respect to others	<input type="checkbox"/>	<input type="text"/>				
Enthusiasm and initiative						
I show enthusiasm and do things properly	<input type="checkbox"/>	<input type="text"/>				
I am willing to learn and improve	<input type="checkbox"/>	<input type="text"/>				
Communication and literacy						
I listen well and make sure I understand instructions	<input type="checkbox"/>	<input type="text"/>				
I am clear and concise when I talk or write	<input type="checkbox"/>	<input type="text"/>				
Time management and organisation						
I plan what to do and finish on time	<input type="checkbox"/>	<input type="text"/>				
I am careful and pay attention to detail	<input type="checkbox"/>	<input type="text"/>				
Numeracy						
I can use maths to solve everyday problems	<input type="checkbox"/>	<input type="text"/>				
I can work with tables, graphs and data	<input type="checkbox"/>	<input type="text"/>				
Integrity						
I am honest and trustworthy	<input type="checkbox"/>	<input type="text"/>				
I do the right thing	<input type="checkbox"/>	<input type="text"/>				
Problem-solving and creativity						
I can usually work out what's wrong	<input type="checkbox"/>	<input type="text"/>				
I can come up with ideas and take action	<input type="checkbox"/>	<input type="text"/>				
Teamwork						
I work well with others and do my fair share	<input type="checkbox"/>	<input type="text"/>				
I help others and respect differences	<input type="checkbox"/>	<input type="text"/>				
Negotiation and decision-making						
I can share my ideas and take on board other views	<input type="checkbox"/>	<input type="text"/>				
I can use the facts to make good choices	<input type="checkbox"/>	<input type="text"/>				
IT						
I can communicate well using email or documents	<input type="checkbox"/>	<input type="text"/>				
I am confident and safe when using IT	<input type="checkbox"/>	<input type="text"/>				

What's my personality like?

Student Sheet 1.3



Choose the ten words or phrases that best describe you.

adventurous	fit	organised
ambitious	flexible	patient
calm	focused	persistent (keeps trying)
caring	friendly	polite
cheerful	hard-working	positive
clean	has initiative (can get things started on your own)	practical
considerate	healthy	punctual (does things on time)
constructive (being useful/positive)	helpful	realistic
cooperative (good at working with others)	honest	reliable
cope with change	imaginative	responsible
creative	interested	self-confident
determined	leads others	self-disciplined (can control yourself)
disciplined (can follow rules)	makes an effort	serious
does what's right	mature (behaving in a grown-up way)	social
enterprising	motivated (having the energy to do something without necessarily being told to do it)	thoughtful
enthusiastic	neat and tidy	trustworthy
finishes things	observant	willing to work