



My Strengths

We all possess strengths that contribute to our success. It is important to recognize these qualities because they can help you identify careers that will satisfy you.

Select your top FIVE strengths. If you find that you have more than five, do your best to narrow down your selection to your STRONGEST five strengths.

Accept criticism	Curious	Fair-minded
Accurate	Decision-maker	Independent
Adaptive	Dependable	Logical
Adventurous	Determined	Motivated
Approachable	Direct	Perform well under pressure
Artistic	Easy-going	Problem-solver
Reliable	Efficient	Quick thinker
Attention to detail	Enthusiastic	Realistic
Calm	Expressive	Relate well to others
Confident	Honest	Responsible
Considerate	Hospitable, welcoming	
Creative		

After you complete this inventory, write a reflection on the following questions:

Why did you select these particular strengths? How do these strengths help you as a student? How might they help you in your career? What areas would like to strengthen, as you move forward?

From the CUNY
HSE Curriculum
Framework, 2015



My Skills

Skills are learned through your work, school and everyday living. It is important to identify the skills you have to help pinpoint occupations that correspond to them.

Use the chart below to select your top FIVE skills. If you find that you have more than five, do your best to narrow down your selection to your **STRONGEST** five skills.

Ability to multi-task	Make decisions
Attention to detail	Manage groups of people
Carry out plans	Manage my time effectively
Convince others to see things my way	Meet targets and goals
Counsel—advise others	Motivate myself and others
Delegate tasks to others	Negotiate
Develop evaluation strategies	Organize events
Edit written material	Provide constructive feedback to others
Effective team player	Recognize nonverbal communication
Express my ideas verbally	Report information accurately
Extract important information from written material	Resolve conflicts
Find better ways of doing things	Resourceful
Follow policies correctly	Sell ideas or products
Gather information from a variety of sources	Sensitive to the needs of others
Get along with diverse groups	Set and meet deadlines
Identify feelings in myself and others	Set goals
Identify the reasons something isn't working	Share credit
Imagine new ways of doing things	Solve problems
Lead group discussions	Speak and write clearly
Listen carefully and take notes for reference	Take responsibility to get a job done
Listen carefully to others' point of view	Teach others
	Work with children

After you complete this inventory, write a reflection on the following questions.

Where did you learn these particular skills? How do these skills help you as a student? How might they help you in your career?

From the CUNY
HSE Curriculum
Framework, 2015