



QUESTIONS FOR REFLECTION REGARDING MYSELF AND MY ABILITY TO WORK

Why?

Your ability to work is built on your own strengths, resources, needs and ways of working. When you recognize the factors that either support or challenge your wellbeing, learning and achievements, you will be able to make more conscious choices about your future. This exercise will help you reflect on your own strengths, needs and goals, and build a sustainable career in study and work.

How?

Consider the questions on this and the following page, either on your own or with a close friend or family member. You can use the questions to create, for example, a list or a mind map of the things that you need to take into account when considering your options, planning your future and making decisions about it.

My strengths and limitations

- What are my strengths?
- How do I learn new things best?
- What has helped me succeed in my studies, and how could I make use of these same things after graduation?
- What needs or limitations do I have?
- What situations or factors typically cause me stress?
- What are the key things I should be paying attention to?
- How do I get on with different kinds of people?
- How well do I work in a team?
- How comfortable am I meeting new people and interacting with others in different situations?



Planning and organizing the work you do

- How successfully am I able to plan my tasks at work or in my studies?
- Do I usually complete tasks within the agreed timeframe?
- Do I start tasks related to my studies or work on my own initiative, without needing someone to remind me?
- How well do I take responsibility for my own decisions and tasks, even when no one is monitoring my work?
- How well do I manage to pick up where I left off after an interruption?

Future goals

- What are my goals regarding my working life or the future?
- What sort of working environment suits me best, so that my strengths can be put to the best use?
- What sort of adjustments might I need in my working life?
- What do I need to ensure my well-being now and in the future?
- What sort of support do I need? From whom or where could I get it?

Let's assume that your ability to work is rated at 10 points at its best. What score would you give your current ability to work?