

Session 5 – Student's Manual

Strength, Weakness, Hobby

Duration - 2 hrs.

Date – 12 to 14 Dec 2024, Thu to Sat

Timing: 11am to 1pm & 2 to 4pm

3 Important questions to be covered in the workshop:

- What are your strengths?
- What are your weaknesses?
- What are your hobbies?

Flow of the session

	-	2 hrs. (Total)
Brain Storming with the Students on points: Strengths, Weakness, Hobbies	-	30 mints
Workshop on Strength, Weakness, Hobbies	-	1.5 Hrs

Objective of the Workshop SWH

Students usually get trapped with the basic questions asked during interview on Strength, Weakness, or Hobbies. Students generally end up giving very common, monotonous and not so different responses when asked. Students refer different websites, YouTube channels, unauthenticated blogs and respond in a very common manner during interview.

Hence, the Objectives of the workshop are:

- To make their responses sound natural, not fabricated
- To sound different than others to stand out in the crowd
- To make the strengths, weakness, and hobbies descriptive than just using a few words

STRENGTHS

The following **strengths** (commonly used by the students during the interview) to be avoided (As these are very common in nature and most of the cases, irrelevant)

|| Excellent Communication skill, Confidence, Punctual, Hard working, Leadership, Positive Thinking ||

Sample Responses of the students during interview (to be avoided) :

"My strength is hard working, confidence, leadership, positive thinking and so on."

Note: Just do not claim what your strengths are, do give supporting evidence to justify through elaboration / description. Pick 2 or 3 from the list of strengths and describe them so that it sounds natural when you speak.

Sample Responses of the students during interview (recommended) :

*"I am **adaptable** by nature as my father has a transferable job. Wherever I go, can **adjust** very well with the surroundings which has developed my **inter personal skills**. I **connect** people very quickly – known or unknown. I Love facing challenges as these always teach you something to become better in life. I believe, I'm a good at **organizing** events as I have been a part of many seminars, symposiums, presentations, functions at my college."*

NOTE: Keep the responses descriptive, than just claiming what you are. A supporting statement is recommended to claim your **STRENGTH**.

TASK for the students:

Find at least 3 strengths from the list of strengths mentioned below & narrate/describe them as per the sample given. Try using "I believe that I am good at / I am strong at / my abilities lie in instead of just saying 'my Strengths are'.

The following strengths to be considered:

- | | |
|----------------------------------------------|-----------------------------------------|
| - Inter personal communication (me & others) | - Attentive & Active |
| - Intra personal Communication (within) | - Good at Initiating |
| - Adaptability | - Assertiveness |
| - Quick learning ability | - Detail Oriented |
| - Ability to supervise and guide | - Problem solving |
| - Creative/innovative | - Convincing |
| - Accountable/responsible | - Client Management Skills |
| - Result/Goal oriented | - People skill |
| - Meeting the deadline | - Exposure to multiple Internships |
| - Persuasive/motivator | - Subject knowledge |
| - Technical skills | - Time Management |
| - Event manager/organizer | - Probing skill |
| - Ethic/principle/Values | - Reliable/dependable |
| - Focused/consistent | - Ability to work with less supervision |
| - Planning, Execution | - Multi-tasking |
| - Problem solving/trouble shooter | - Presentation skill |
| - Emotional balance | |

WEAKNESS

The following **WEAKNESSES** (commonly used by the students during Interview) to be avoided (As these are very common in nature and most of the cases, irrelevant)

|| Emotional, I get angry easily, Short tempered, can't say NO to people, easily trust others, Mom/family, Homesick, Ice cream ||

Sample Responses of the students during interview (to be avoided) :

"My weakness is: I am very emotional, I easily trust others, My family is my weakness and so on."

Note : Do not directly respond to the Question "What's your weakness?" as "My Weakness is" ...Do use the following frame/pattern to answer the question.

Step 1 – Say something good about yourself

Step 2 – Mention the problem

Step 3 – Any measure or steps taken by you to improve

Sample Responses of the students during interview (recommended) :

Sample 1

"I'm good at conversing in English with my friends and teachers. Off late, I realised, that I need to improve my fluency, vocabulary, presentation skills. Hence, I have started attending public speaking classes, watching movies with English subtitles, and making a habit of regularly conversing in English."

Sample 2

I have always given my best for executing the assignment which was given to me for which I have been appreciated many times. However, as I am not very organised, which sometimes puts me under pressure to perform the right task at the right time. I am working on preparing a checklist so to avoid last minute hassle.

TASK for the students:

Write any one weakness (as per the above sample) from the list of the strengths as mentioned above. The ones which are not your strengths, are actually your weaknesses. Try using "My Areas of Improvement instead of saying 'my Weakness is'.

HOBBIES

The following **HOBBIES** (commonly used by the students during Interview) to be avoided (As these are very common in nature and most of the cases, irrelevant)

|| Watching TV, Playing Cricket, listening to music, reading books/ novels, chatting with friends, surfing internet, Travelling ||

Sample Responses of the students during interview (to be avoided) :

"My hobbies are : Playing cricket, listening to music, reading novels."

Note : There is nothing wrong mentioning the above, the issue is almost all answer like this making it very common and most importantly you should be regularly doing it as a part of your hobby, not just occasionally doing it. And you must have good knowledge on it which proves that it's really your hobby.

Hence, Students are advised to mention hobbies if its regular and a part of their lives, not occasional and hobbies should be productive also in their lives for example: cycling, swimming, drumming, wrapping, music, dance, crafting, sketching, research and many more. Answer something different than others so that interviewer can be engaged or he/she would take interest in your hobbies.

Start your responses with: In my free time / In my leisure hour / in my spare time / My part time activities are ... If you do not have any specific hobbies, mention interests.

Sample Responses of the students during interview (recommended) :

Sample 1

"My interest is sports and research. In sports I love cricket and badminton, I just do not watch them, I play also to stay fit. I have represented my university cricket and badminton team in Inter university competitions. I love doing research on behavioural aspects of a human being which includes the genders as in how they are different from each other in terms of thinking and feeling"

TASK for the students:

Write any one or two hobbies (as per the above sample) from the list of the hobbies (you can add yours also) as mentioned below. The ones which are not your strengths, are actually your weaknesses. Start your responses with: In my free time / In my leisure hour / in my spare time / My part time activities are ... If you do not have any specific hobbies, mention interests.

The following hobbies are mentioned for your reference

Hiking/skiing/scuba-diving/horse riding/ice-skating
blogging
Writing poems/stories
Cartooning/caricature
Astrology/palmistry
Magic
Small internships
Crafts
Social work
Sports/Chess/pool
Martial arts
Research work
Photography
Photoshop & video editing

dance Music/singing
Painting/sketching
Bikes/cars
debating
Musical instruments
Travelling
Yoga
Origami
Exercise/aerobics
Crossword
Juggling
Graphology
Youtubing

Best Wishes!!