

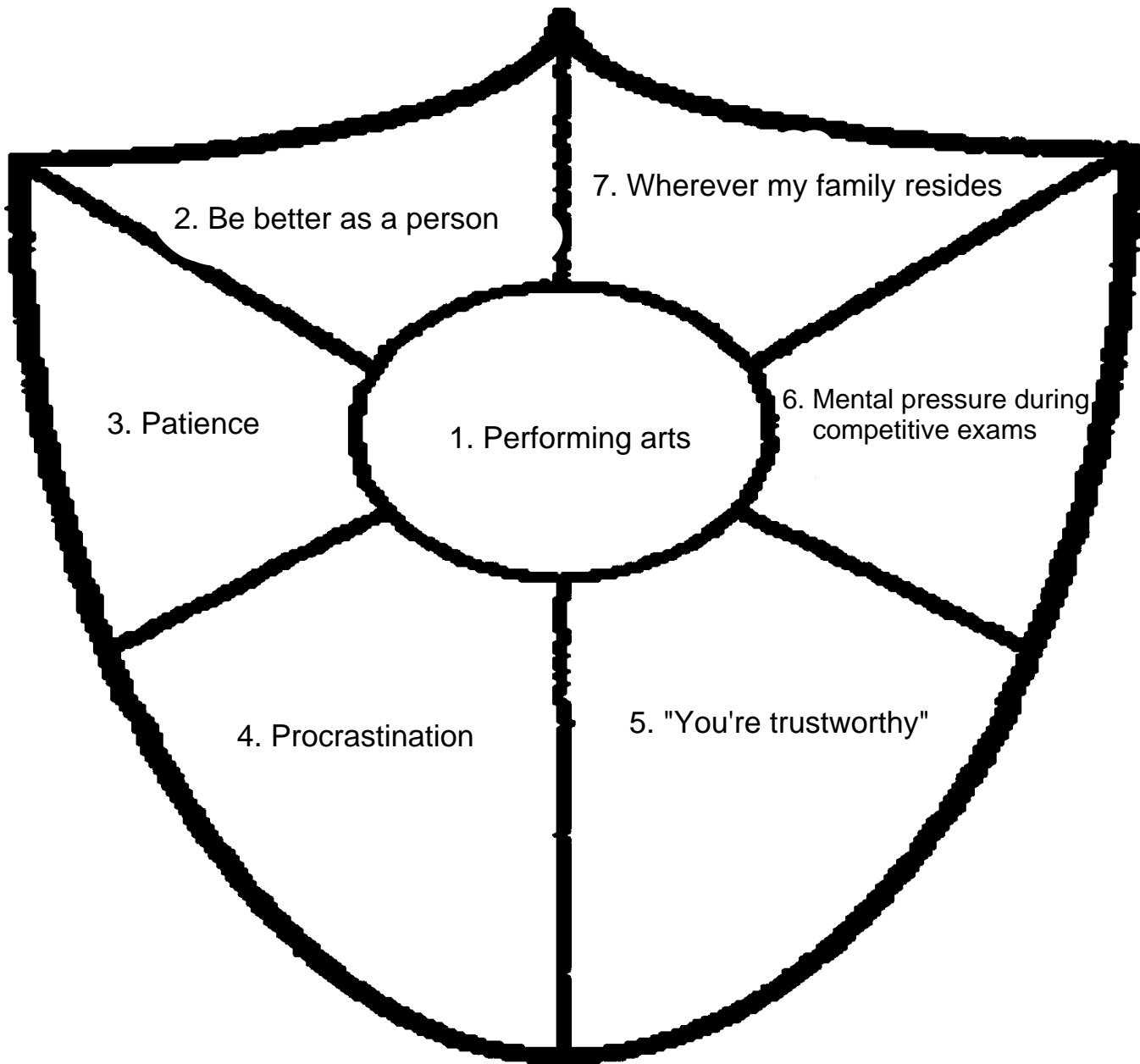
Worksheet-1: SWOT Analysis

<u>Strengths</u>	<u>Weaknesses</u>
What do you do well? What unique resources can you draw on? What do others see as your strengths?	What could you improve? Where do you have fewer resources than others? What are others likely to see as weaknesses?
<ol style="list-style-type: none">1. Acting / Performing arts2. Coding3. Any topic related to Astronomy4. Motivate people/ Speak well	<ol style="list-style-type: none">1. Public anxiety2. Relative Technical skillset3. Art based work (Eg: Presentation creation)4. Difficulty taking initiative
<u>Opportunities</u>	<u>Threats</u>
What opportunities are open to you? What trends could you take advantage of? How can you turn your strengths into opportunities?	What threats could harm you? What is your competition doing? What threats do your weaknesses expose you to?
<ol style="list-style-type: none">1. Technical competitions2. Skilled peers impart to learning3. Increase technical skillset	<ol style="list-style-type: none">1. Others working harder may seize opportunities2. AI may take over basic mainstream jobs

Psychology 2

Work Sheet 2: My Personal Shield

Write in each block of the shield to correspond with the topics listed at the bottom of the page.



- 1 Something I do well
- 2 Something I would like to do
- 3 My greatest character strength
- 4 My habits which I don't like

- 5 The best compliment I have received
- 6 The worst experience in life
- 7 My favorite place

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Work Sheet 3: Changes I want to make

Once you have decided that there are some things about yourself that you would like to change, don't wait too long to start changing them! Instead, get started!

In one column below, list some changes that you want to make. You can fill this based on the areas of weakness you have written in SWOT analysis

1. Your habits
2. Your goals
3. Your grades
4. Your appearance

Changes I Want to Make	Steps I Can Take to Make the Changes
Increased technical skillset	Pursue more courses
Lower public anxiety	Take part in events with public interactions
Not be affected by lack of constant validation	Focus on myself and stop comparing