

Resource 1: Your Strengths and Interests

Think about your strengths (things you do well) and interests (things you enjoy or like doing). How could you use these at university? You can use the table below to help you.

My strengths	My interests
<p>Strength:</p> <p>How I can use it:</p>	<p>Interest:</p> <p>How I can use it:</p>
<p>Strength:</p> <p>How I can use it:</p>	<p>Interest:</p> <p>How I can use it:</p>

Strength:	Interest:
How I can use it:	How I can use it:
Strength:	Interest:
How I can use it:	How I can use it:
Strength:	Interest:
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Strength:	Interest:
How I can use it:	How I can use it:
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How I can use it:	How I can use it:
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