

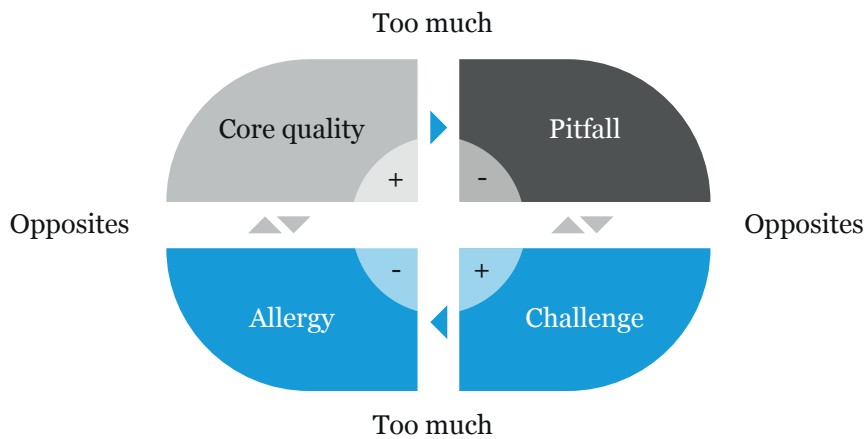
Self Analysis

1 Making a first impression

You only have one chance at making a good first impression. It might help if you can identify your positive identity traits and knowing how to show those off to people. Naturally, don't make it look like your forcing yourself to come across a certain way.

2 What are your qualities?

It is good to be aware of your qualities. It helps you tell your story and can also help you find the right organization for you. It might even help you set personal goals. We suggest you look at your [qualities](#), [skills](#) and [values](#). Our preferred method? The core quadrant model!



3 What about your skills?

Skills are the things you are good at. They might be hard skills or soft skills (communicative skills for instance). You can develop these skills by doing extracurricular work, through your education and also work. Reflecting on them helps you develop them even more!

Here is an example of a skill and how you can develop it in these three settings.

Skill	extracurricular	education	work
Intercultural communication	<ul style="list-style-type: none"> - International committee - Learning languages - Reading books - Volunteering abroad 	<ul style="list-style-type: none"> - Group assignments with international students - Summer schools - Intercultural courses 	<ul style="list-style-type: none"> - Side jobs in international work environments.

Self Analysis

4 21st Century Skills

This term refers to a wide range of skills that are found to be important in today's work and education. There are many lists of 21st century skills. This is just a small selection to inspire you.



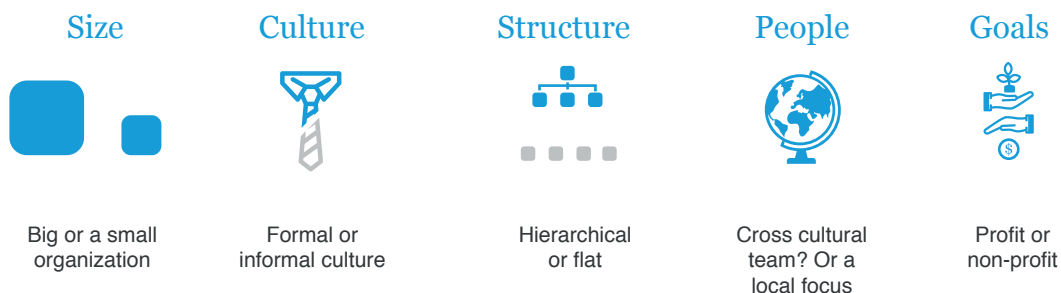
5 Values

The things you care about and stand for: your values. They can be both personal and professional, although many times they overlap each other. Professional values can help you determine what you look for in a company. Personal values can help you balance work-private life for instance. Prioritizing your values is easy! Just follow this simple schematic.



6 What company fits you?

Once you have reflected on all these topics you need to think about where you want to work. Not every company will be a match with your personality and values, while others might be a perfect fit! Here are some things to consider when looking for a match.





Self Analysis

7 Teamwork

So far we have focused on you as an individual. However you will most likely work in a team. It is good to think about the kind of team you want to work in. Similar to how you would think about companies and organizations as a whole.

Tasks



Individual or
teamwork

Environment



dynamic
or calm

Structure



creative or
structured tasks

Results



targets or
deadlines

Get to know your role in a team

Do you want to know how you perform within a team? Are you aware of the type of team player you are? If not try filling out the Belbin test. This is one of multiple easy to use tests that will result in a profile that gives you insight into the way you work in a team. They are divided in the categories and roles below.



ACTION

Shaper
Completer
Implementer



PEOPLE

Co-ordinator
Teamworker
Resource Investigator



THINKING

Plant
Monitor
Specialist



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