

# Before the Interview – Know Yourself

## (Identify Your Strengths)

Interviewing Handout # 2

The list on this page represents the strengths that make a difference in various types of jobs.

✓ Check the ones that you think describe you, as you are now.

\* Then, look over the list and place a star (\*) next to those strengths you want to develop.

### My Strengths

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> able to deal with many details | <input type="checkbox"/> eye for detail | <input type="checkbox"/> perform well     |
| <input type="checkbox"/> accept criticism               | <input type="checkbox"/> fair minded    | <input type="checkbox"/> persuasive       |
| <input type="checkbox"/> accurate                       | <input type="checkbox"/> farsighted     | <input type="checkbox"/> pleasant         |
| <input type="checkbox"/> active                         | <input type="checkbox"/> firm           | <input type="checkbox"/> precise          |
| <input type="checkbox"/> adaptive                       | <input type="checkbox"/> flexible       | <input type="checkbox"/> problem solver   |
| <input type="checkbox"/> adventurous                    | <input type="checkbox"/> forceful       | <input type="checkbox"/> purposeful       |
| <input type="checkbox"/> affectionate                   | <input type="checkbox"/> frank          | <input type="checkbox"/> quick to act     |
| <input type="checkbox"/> alert                          | <input type="checkbox"/> friendly       | <input type="checkbox"/> realistic        |
| <input type="checkbox"/> ambitious                      | <input type="checkbox"/> generous       | <input type="checkbox"/> receptive        |
| <input type="checkbox"/> analytical                     | <input type="checkbox"/> genuine        | <input type="checkbox"/> relate to others |
| <input type="checkbox"/> argue well                     | <input type="checkbox"/> good natured   | <input type="checkbox"/> reliable         |
| <input type="checkbox"/> artistic                       | <input type="checkbox"/> good memory    | <input type="checkbox"/> reserved         |
| <input type="checkbox"/> assertive                      | <input type="checkbox"/> healthy        | <input type="checkbox"/> responsible      |
| <input type="checkbox"/> attractive                     | <input type="checkbox"/> helpful        | <input type="checkbox"/> risk taker       |
| <input type="checkbox"/> broadminded                    | <input type="checkbox"/> honest         | <input type="checkbox"/> scholarly        |
| <input type="checkbox"/> businesslike                   | <input type="checkbox"/> humorous       | <input type="checkbox"/> seek change      |
| <input type="checkbox"/> calm                           | <input type="checkbox"/> idealistic     | <input type="checkbox"/> self - confident |
| <input type="checkbox"/> capable                        | <input type="checkbox"/> imaginative    | <input type="checkbox"/> sensible         |
| <input type="checkbox"/> careful                        | <input type="checkbox"/> independent    | <input type="checkbox"/> sensitive        |
| <input type="checkbox"/> cautious                       | <input type="checkbox"/> inquisitive    | <input type="checkbox"/> serious          |
| <input type="checkbox"/> cheerful                       | <input type="checkbox"/> inspiring      | <input type="checkbox"/> sharp - witted   |
| <input type="checkbox"/> clear thinker                  | <input type="checkbox"/> intelligent    | <input type="checkbox"/> social           |
| <input type="checkbox"/> clever                         | <input type="checkbox"/> inventive      | <input type="checkbox"/> stable           |
| <input type="checkbox"/> competent                      | <input type="checkbox"/> just           | <input type="checkbox"/> steadfast        |
| <input type="checkbox"/> confident                      | <input type="checkbox"/> kind           | <input type="checkbox"/> strong           |
| <input type="checkbox"/> conscientious                  | <input type="checkbox"/> knowledgeable  | <input type="checkbox"/> stylish          |
| <input type="checkbox"/> considerate                    | <input type="checkbox"/> logical        | <input type="checkbox"/> tactful          |
| <input type="checkbox"/> cooperative                    | <input type="checkbox"/> loyal          | <input type="checkbox"/> thorough         |
| <input type="checkbox"/> creative                       | <input type="checkbox"/> mature         | <input type="checkbox"/> thrifty          |
| <input type="checkbox"/> curious                        | <input type="checkbox"/> methodical     | <input type="checkbox"/> tough            |
| <input type="checkbox"/> decision maker                 | <input type="checkbox"/> meticulous     | <input type="checkbox"/> unassuming       |
| <input type="checkbox"/> demonstrative                  | <input type="checkbox"/> modest         | <input type="checkbox"/> understanding    |
| <input type="checkbox"/> dependable                     | <input type="checkbox"/> motivated      | <input type="checkbox"/> verbal           |
| <input type="checkbox"/> determined                     | <input type="checkbox"/> natural        | <input type="checkbox"/> versatile        |
| <input type="checkbox"/> dexterous                      | <input type="checkbox"/> obedient       | <input type="checkbox"/> vigorous         |
| <input type="checkbox"/> dignified                      | <input type="checkbox"/> open minded    | <input type="checkbox"/> warm             |
| <input type="checkbox"/> easy going                     | <input type="checkbox"/> optimistic     | <input type="checkbox"/> witty            |
| <input type="checkbox"/> efficient                      | <input type="checkbox"/> orderly        | <input type="checkbox"/> Other _____      |
| <input type="checkbox"/> energetic                      | <input type="checkbox"/> organized      | _____                                     |
| <input type="checkbox"/> enthusiastic                   | <input type="checkbox"/> original       | _____                                     |
| <input type="checkbox"/> expressive                     | <input type="checkbox"/> outgoing       |   |