

Know Your Strengths

In nearly every interview you'll be asked, "What are your strengths?" It's an opportunity for the potential employer to get to know your personality, your level of self-awareness and what attributes you can bring to their company. The heart of the question is really, "Can you do this job, and are you a good fit for our company?" Avoid self-sabotage by spending time knowing yourself and preparing for the interview in advance.



How to Use This Worksheet

Different strengths are needed for different job opportunities, even within the same company. It is key to customize your strength answers so they are appropriate to the opportunity at hand.

Strengths can include talents you've acquired through experience, skills you've gained through education, and personal characteristics (soft skills) you've developed over time.

Are you up to the challenge?

1. Brainstorm a list of your top 10 strengths.
2. Pick two most relevant to the field/position for which you are applying.
3. Give specific examples demonstrating your use of each of those two strengths. Show them in action!

NTC's Student Development Team can help you prepare for job fairs and interviews, develop self-awareness, practice common interview questions, acquire networking skills and so much more.

Check out our online resources:
studentlife.ntc.edu/soft-skills

Tips to Answer the Strength Question

- Remember to answer the question in two parts - the strength and proof of the strength with a personal experience example.
- Customize your response to be relevant to the job and the employer.
- Be specific instead of choosing "buzz words" anyone can pull from an online search.
- Maintain confidentiality of previous employees/customers. This will demonstrate your trustworthiness and ethics.
- Apply these same tips to questions about why a company should hire you, why you're the best person for the job, and what makes you a good fit.
- If you are unsure about your strengths, review your resume for common themes and ask people close to you (coworker, instructor, volunteer coordinator, supervisor, etc.) for feedback.

What are your top ten strengths?



1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Examples of this strength in action:

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