

SELF-MANAGEMENT SKILLS

Class IX , Ch-2 Self- Management Skills: I(IT
#402)

Session 2: Strength and Weakness Analysis

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Learning Outcome of this Session

After completing this session, you will be able to

- list your own strengths and weaknesses.
- list your interests.
- list your abilities.

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Knowing yourself

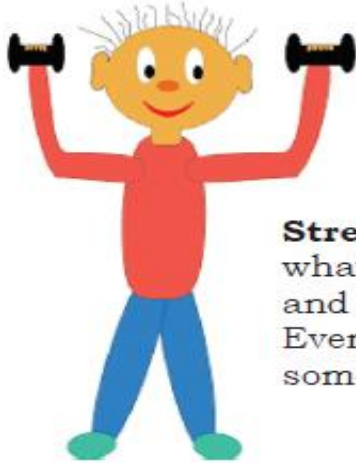


❖ Why we need know our self?

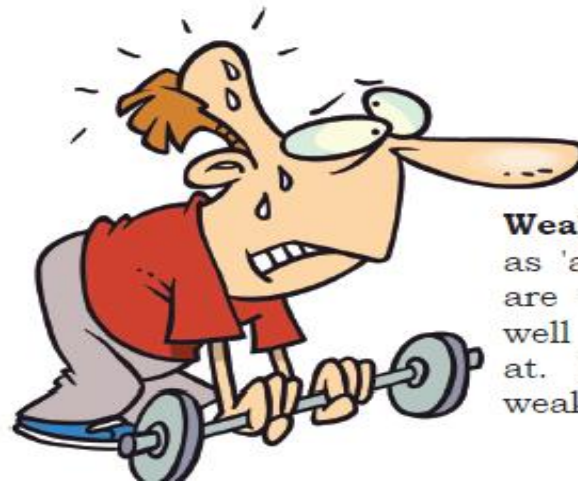
Answer:- It is important to know who you are, because only then can you measure your strengths and weaknesses.

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Strength and weakness analysis



Strengths are what we do well and are good at. Everyone has some strengths.



Weaknesses, also known as 'areas of improvement' are what we do not do well and are not good at. Everyone has some weaknesses too.

By understanding ourselves we can

- know what we can and cannot do



Based on that information, we can

- plan what and how we can improve ourselves



By improving we will

- feel confident about ourselves

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Strength and weakness analysis

Identifying strengths

- ❖ Take time off to think about what you do well
- ❖ Think of anything that you are always good at
- ❖ Think about what others appreciate about you

Identifying weaknesses

- ❖ Point out the areas where you struggle and what you find difficult to do
- ❖ Look at the feedback you receive from others
- ❖ Be open to feedback and accept your weaknesses without feeling small about it. Look at it as an area of improvement.



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Finding Strength and Weakness

- How am I different from others?
- What do I do better than others?
- What do other people admire in me?
- What makes me stand out?

- Where do I worry and struggle?
- Where, how and why do others perform better than me?
- What advice for improvement do I often receive from others?

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Difference between interests and abilities

Difference between interests and abilities:-

Interests are the things that we enjoy doing.

Ability, on the other hand, is an acquired or natural capacity that enables an individual to perform a particular job or task with considerable proficiency.

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A quick Recap Of This Session



Identifying strengths

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Identifying weaknesses

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Home Assignment

Fill in the table given below which can help you to prepare an action plan to overcome your weakness. Identify and list the activities that you would like to undertake to improve upon your weaknesses and continue to build your strengths.

Strengths	Weaknesses	Action plan to overcome your weaknesses
For example, <i>I can speak many languages</i>	For example, <i>I do not understand computers</i>	Improve on computer skills by attending extra classes after school.

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THANKING YOU

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