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| --- | --- | --- |
|  | POSITIVE | NEGATIVE |
| INTERNAL FACTORS | What do I perform well in? |   What do I not perform well in? |
|  |  |
| EXTERNAL FACTORS | What opportunities are available to improve strengths and weaknesses? What have you seen other students do? | What will stop/impede me from achieving success? |
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|  | What are my strategies for future growth? How can I improve on my strengths? | How will I rectify areas of concern? |
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|  | What are some strategies to deal with external pressures? | What are some strategies for survival where weaknesses/threats cannot be corrected? |
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