SWOT Analysis

Identify a job description or career field that you are interested in pursuing. Using the following criteria, analyze yourself and the external landscape for that career field. This will help you identify your strengths as a candidate, areas for improvement, and networks/training opportunities to build toward this career.

What do I do well? What is my biggest achievement? Strengths What do others recognize me for? What personal qualities do I possess? What do I need to improve? Weaknesses What tasks do I typically avoid? What are my personal flaws? What are the trends in my professional industry/discipline? Who can support me in achieving **Opportunities** my goals? What additional training or experience is available to me? What are the obstacles? Who is competing for this kind of job/career? **Threats** What macro-level changes might impact this career? (political, environmental)