**EMPLOYABILITY AND SELF-DEVELOPMENT**

**Learning Outcome 2: ACTIVITY 2**

**INDIVIDUAL ACTIVITY**

**Career autobiography and personal SWOT**

With reference to Activities 1 and 2 in Chapter 2 of the Study Guide, plot your own career autobiography so that times in your life where you felt ‘good’ are ‘highs’ in your life, and experiences that your recollections are ‘bad’ or difficult are the ‘lows’ in your life.

**Good**

**TIME**

**Bad**

**What does this illustration tell you about your likes, dislikes and preferences?**

Looking at the graph you have just constructed and the analysis of employability skills that you completed in the last activity (Activity 1), complete the Personal SWOT below. (You may find it useful to refer to Figure 3 in chapter 2 of the Study Guide).

**STRENGTHS**

**THREATS**

**OPPORTUNITIES**

**WEAKNESSES**