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| **The student:**   * **is aware of own strengths and weaknesses**   Strengths:   * Sport * Mathematics * Science * Working with younger kids * Outdoor Activities * Enjoy trying new things   Weaknesses:   * Oratory * English * Creativity * Cooking * Singing * Dancing * Flexibility * **is open to improvement and growth opportunities**   I try to take any opportunity that comes my way to grow and improve on both my strengths and weaknesses. If I were to say one thing, it would be that I should be more willing to engage in activities that are based around my weaknesses. I think I tend to do more activities based around my strengths rather than my weaknesses because that’s what I feel comfortable with. So I think I should try and go further out of my comfort zone.   * **is able to propose activities according to own interests and talents**   Like I said in the paragraph above, I’m able to propose and be involved in activities that are focused on my own interests and talents, but I would like to be more involved in activities that are focused on my weaknesses, so I can actually improve on them, rather than just improving on my strengths.   * **is willing to participate in different activities**   I’d like to think when an opportunity came along to try new things, that I’d take them gladly. Throughout my years at the school and outside of school, I feel like I’ve tried a variety of different activities, some of which I liked, others, not so much. In saying this, I think I could try and stick at activities I don’t enjoy as much, and see if I begin to like them more.   * **is able to undertake a thoughtful self-evaluation**   I’ve never really done a whole lot of self-evaluation, but the times I have, I don’t think that I’ve been very effective when doing it. I think I struggle to evaluate myself because I don’t enjoy talking about myself, so I don’t like talking about my strengths basically over a fear of being arrogant.   * **is able to see themselves as individuals with various abilities and skills, some more developed than others.**   I can definitely identify that I have various abilities, some much more developed than others. From my strengths and weaknesses above, I’ve basically identified that my strengths are basically physical activity, and the sciences, whereas the creative arts are certainly my weaknesses. |