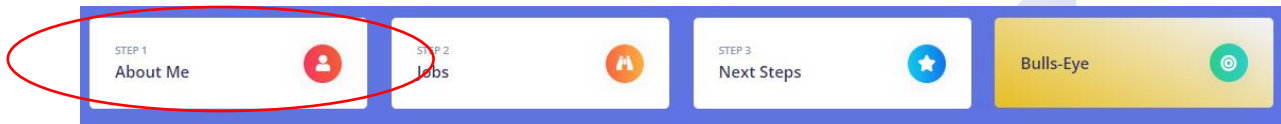


## Resource 8

# Career Central: What are your skills, qualities and subject strengths?

### INSTRUCTIONS

1. Login to Career Central
2. Click on 'About Me'



3. Work your way around the 'Skills and Subject Strengths', 'Personal Qualities' and 'Career Values' sections



4. If you HAVEN'T completed these sections already – work your way through them to identify your strengths and what's important to you.

If you have ALREADY COMPLETED these sections, read through them to remind yourself before the next hauora class – can you add anything since you did this exercise last?