PRACTICAL 1

It is **important** to **introduce** yourself because it shows your ability to meet new people confidently. It makes others feel more comfortable and allows you to **make a good** first impression

Here are some examples of things you can say about yourself:

**My name’s ...  
I’m from ............. / I live in ...........................  
I was born in ...  
I’m ... years old.  
I go to .......... school.  
I like . ................ because .....................  
I don’t like ... because ...  
In my free time / After school, I ...  
My best friends are ... because ...  
My favourite (school subject, actor, pop group, sport) is ....... because ...  
I have ... brothers and sisters.  
In the future, I’d like to ... because ...**

|  |
| --- |
| **WHAT ARE YOUR INTERESTS?** |

1. What do you like to do in your spare time?
2. What activities have you participated in (academic, cultural, social, service, spiritual)?
3. What are your favorite courses from the past few years?
4. What is the most gratifying thing you have accomplished?
5. If you could teach a course on any subject, what would it be? To whom would you teach it?
6. Which world issues concern you?
7. Imagine that you are an expert/consultant in your field. What would it be?

**INTERESTS CHECKLIST**

|  |  |  |
| --- | --- | --- |
| Studying nature  Being outdoors  Rearranging furniture  Decorating things  Collecting things  Listening to music  Travelling  Playing with children  Solving problems  Charity work  Auto work/repair  Gardening  Meeting people  Reading spiritual guides  Building things  Studying languages  Engaging in business  Teaching others  Exploring new places  Supervising people | Public speaking  Using social media tools  Conserving natural resources  Drawing, painting, sketching  Studying art  Organizing information/records  Working with and being around animals  Carrying out scientific research  Studying the media  Reading  Analysing movies  Designing things  Budgeting  Joining public causes  Talking about politics  Doing electrical work  Studying stocks/investments  Data processing  Photography  Writing poetry and stories | observing human behavior  Church activities  Solving crossword puzzles  Hands-on activities  Creating new things  Learning how things work  Philosophy  Dissecting an organism  Dancing  Anticipating other’s needs  Visiting the elderly  Socialising  Caring for the sick  Giving advice  Planning events  Playing team or individual sports  Selling things |

If you are asked “Tell me about yourself”, many people think they are asking you to talk about yourself in general. Actually, the hiring manager is asking you to talk about your professional self.

You must focus on

1. [Who you are?](https://www.naukri.com/blog/self-introduction-for-interview/#whoyouare)
2. [Where do you come from?](https://www.naukri.com/blog/self-introduction-for-interview/#wheredoyoucomefrom)
3. [What have you studied?](https://www.naukri.com/blog/self-introduction-for-interview/#whathaveyoustudied)
4. [Who you are (as a professional)?](https://www.naukri.com/blog/self-introduction-for-interview/#whoyouareasaprofessional)

**To answer this, you’ll need to do two things.**

* First, you’ll need to identify your greatest professional achievements.
* Second, you’ll need to tailor your accomplishments to the needs of the company.

For example:

* If you are a recent college graduate, highlight internships, hobbies, or college projects that relate to the job.
* If you are making a career switch, highlight your positive attributes and transferable skills.
* If you are looking to make the move to management, highlight specific examples of how you have motivated and led teams.

**As a person, I am.........................................**

**Cool, short-tempered, sensitive, calm and composed, easily irritable, easily excitable, emotional, extrovert, introvert, shy , confident, jolly, cheerful, serious, broad minded, generous, optimistic**

**Your likes and dislikes:**

**What makes you happy?**

**What makes you angry?**

**What makes you cry?**

**What irritates you?**

**Your fears/ Your Superstitions**

**Your Role Model:**

**Your Dreams:**

**Your favourite pastime:**

**If you have to describe yourself in one line…………..**

*Positive Attitudes List*

|  |  |  |
| --- | --- | --- |
|  |  |  |
| Affectionate | Freedom | Responsive |
| Acceptance | Friendly | Responsible |
| Aspiring | Focused | Self-confident |
| Ambitious | Frugal | Self-directed |
| Motivated | Generous | Self-disciplined |
| Candid | Goodwill | Self-esteem |
| Caring | Grateful | Self-giving |
| Change | Hard working | Self-reliant |
| Embraces | Honest | Selfless |
| Cheerful | Humble | Sensitive |
| Considerate | Interested | Serious |
| Thoughtful | Involved | Sincere |
| Cooperative | Not jealous | Social independence |
| Courageous | Kind | Sympathetic |
| Gloomy | Mature | Accepts others points of view |
| Decisive | Open minded | Thoughtful towards others |
| Devoted | Tolerant | Trusting |
| Determined | Optimistic | Unpretentiousness |
| Perseverance | Positive | Unselfish |
| Endurance | Practical | Willingness |
| Enthusiastic | Punctual | Work-oriented |
| Expansive | Realistic |  |
| Faith | Reliable |  |
| Flexible | Distant |  |
| Forgiving | Responsibility |  |

***Ability is what you're capable of doing. Motivation determines what you do .Attitude determines how well you do it.***

Motivation is what gets you started. Habit is what keeps you going.

As a person **I am very patient, sensitive, broad minded and very** balanced.

My greatest strength is my ability to adjust in any situation, and my flexibility.

But my weakness is that I cannot remember names very well and I cannot sit and work continuously at one place.

I like playing chess, cricket, carom and scrabble. I also like eating Chinese food. I also enjoy travelling and seeing new places, especially places with natural beauty.

I like people who are active ,simple, polite, soft spoken and witty

I do not like food which is oily and spicy.

I don’t like talking to people who are rude and arrogant

When people blow horns unnecessarily, waste water, food, talk rudely, and treat animals badly I get very irritated,.

Whenever I am free I read good books, listen to music, watch good movies and play cricket, badminton, chess or carom board

When I get to sit in cool breeze under a shady tree and see the green crops dancing and swaying in the breeze I feel delighted and if people around me are happy and smiling. It fills my heart with

If somebody hurts animals or if I see animals in pain, I feel very sad I also feel sad if people misunderstand me.

It is my dream to see all the beautiful places of India and the world..It is also my dream to own a place in a place that has a pleasant weather throughout the year  **with greenery and a flowing stream.**

You’ve been given time and resources to write a novel. What is it about?

If you have a role model, what about his or her vocation is relevant to you?

If you could trade jobs with any 3 people, who would they be and why?

If you could travel anywhere for a day, where would you go and what would you do?

What do you daydream about?

What would you attempt if you knew you would not fail?

What themes do you see here?

#### List of Strengths

* Creativity
* Versatility
* Flexibility
* Focused
* Taking Initiative
* Honesty
* Dedication
* Integrity
* Continuous Learning
* Self-control

#### List of Weaknesses

* Self-criticism
* Insecure
* Extremely Introverted
* Extremely Extroverted
* Creative Writing
* Too detail oriented
* Financial Literacy
* A Particular Software
* Too sensitive
* Presentation Skills

Difficulty in voicing opinions

Avoid Confrontations