



Self-study material for students | © University of Helsinki Career Services

## SEE YOUR STRENGTHS THROUGH THE EYES OF OTHERS

### Why?

Other people can be of invaluable help in recognising your strengths because they probably see a lot of good things in you that you fail to notice or appreciate yourself.

Asking for feedback takes a little bit of courage, but it is usually a positive experience also for the person giving feedback. Other people can offer important fresh perspectives that broaden your self-knowledge and help you articulate your strengths.

### How?

1. Pick one to three people who know you well and whom you consider particularly encouraging and reliable. Ideally, these people represent different aspects of your life (a fellow student, colleague, family member, friend, etc.).
2. Contact them, for example, by phone or email, and ask them to share what they think your three to five most important strengths are. If you want, you can also ask them to explain why they chose each strength. They will probably be flattered that you value their opinion in such a personal matter, so don't be shy about asking for feedback.
3. Once you have your answers, put them all together and look at the list of your strengths. Is there one that many people reported? Does something surprise you? What else can you notice?
4. Save the answers for later use. This way you can use them whenever you are asked to describe your strengths.
5. If you want, you can return the favour by telling them what you consider their top strengths to be.