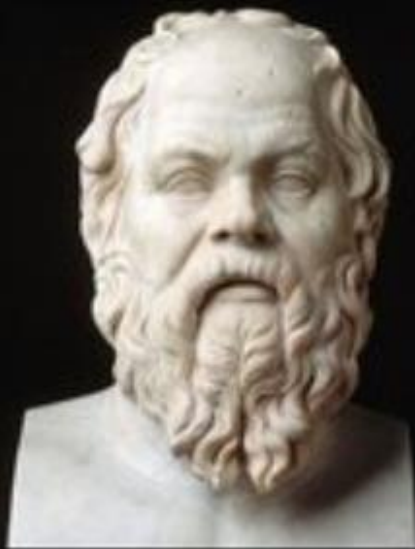




Lesson 2.1 Understanding yourself better & Effective self-introduction



To know thyself is the beginning
of wisdom.

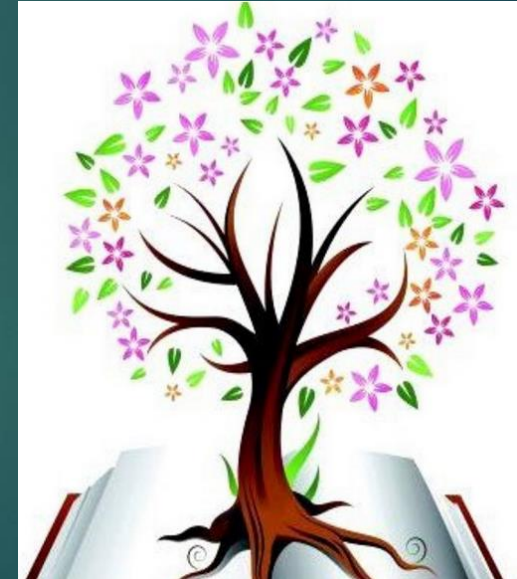
~ Socrates



Discussion:

- ▶ Do you know your own strengths and weaknesses? Have you ever done any personality test before?
- ▶ What you are mostly good at? What are your passions? What are your career goals?
- ▶ How could we understand ourselves better?

<https://psychcentral.com/health/ways-to-get-to-know-yourself-better#tips> How to learn more about yourself



Personality tests

- ▶ VIA Character Strengths Survey
- ▶ 16 personalities survey
- ▶ TypeFocus survey
- ▶ MBTI Personality Test free

▶ Samples



My Personality Test

<https://www.my-personality-test.com> › free › myersbriggstype ⋮

MBTI Personality Test Free

100% **Free** with Instant Results — Gain Valuable Understanding into how you make adjustments according circumstances at hand

[INFJ](#) · [ISTP](#) · [INFP](#) · [Big Five Personality Test](#) · [INTJ](#) · [ENFP](#)

How do I Understand Myself?

- ▶ <https://www.facebook.com/drjordanpeterson/videos/how-do-i-understand-myself/806127700116979/> by **Dr Jordan B Peterson**

Self-introduction in an interview

- ▶ What are you supposed to do before an interview?
- ▶ What are you supposed to do during an interview?
- ▶ What are you expected to do after an interview?
- ▶ What are expected to cover in your self-introduction? How do you introduce yourself effectively in an interview?

How to Introduce Yourself in an Interview

- ▶ **Step 1:** Greet Your Interviewers
- ▶ **Step 2:** Let Your Interviewers Know About Your Educational Background, Qualifications, and Work experience – **Connect your experiences to the role**
- ▶ **Step 3:** A Line or Two on Your Passions and Hobbies, Values, & Future plans – **Showcase your willingness to learn and grow; Demonstrate your alignment with the company**
- ▶ **Step 4:** The Vital Closing Statement – Conclude with a positive note

Samples - sentences:

- ▶ **Sample 1:** "Hello, I am [Name], and I am delighted to be here today. I appreciate the opportunity to discuss my qualifications for the [Position/Job Title] role."
- ▶ **Sample 2:** "I am passionate about [Field] and am driven to excel in this industry. My experience in [Skills/Qualifications] has equipped me with the necessary tools to be an asset to this company."
- ▶ **Sample 3:** "I share the company's values of [Goal/Value] and am eager to be a part of a team that shares my commitment to making a positive impact in the industry."
- ▶ **Sample 4:** "Based on my qualifications and experience, I am confident that I am an excellent candidate for this position. I am eager to learn more about the company's vision and goals and how I can contribute to its success."

Samples

:

- ▶ Hi, my name is Emma William. I have completed in Biotechnology ... I performed my dissertation on bacterial fermentation, where I solely performed all the experiments under my supervisor's guidance. I grasped the learned techniques well and want to further strengthen my knowledge and skills. Considering this, I want to apply for the ... position.
- ▶ <https://www.youtube.com/watch?v=RmlipP9UKpA> VIDEO INTRODUCTION
- ▶ https://www.youtube.com/watch?v=0_6AK52kSVQ Example Video - Introduction Video for Applications
- ▶ <https://www.youtube.com/watch?v=LOS5WB75gkY> How to Give a 60 Second Self-Introduction Presentation

Prepare a 60-second self-introduction

- ▶ **Step 1:** Greet Your Interviewers
- ▶ **Step 2:** Your Educational Background, Qualifications, and Work experience – **Connect your experiences to the role**
- ▶ **Step 3:** A Line or Two on Your Passions and Hobbies, Values, & Future plans – **Showcase your willingness to learn and grow; Demonstrate your alignment with the company**
- ▶ **Step 4:** The Vital Closing Statement – Conclude with a positive note