

### Upgrade Program- San Antonio Education Partnership

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<b>Name of Key Area</b>	College & Career Exploration
<b>Title</b>	Personal SWOT Analysis
<b>Goal</b>	The goal of this worksheet is to help individuals identify the strengths, weaknesses, opportunities, and threats of the factors influencing their decisions.
<b>Advisor &amp; Date</b>	Ilse Reyes, Spring 2019

When making decisions, it is easy to feel overwhelmed. To help you make your decision try using the SWOT (Strengths, Weaknesses, Opportunities, and Strengths) Analysis tool. This tool can help you organize the things that are influencing your decision, and help you find the advantages and disadvantages in your choices. See the example below. If you would like help using this tool or would like to talk about what you found, feel free to contact an Upgrade advisor.

*Example: Should I go back to school?*

Personal SWOT Analysis		
	Helpful	Harmful
<b>Internal</b>	<p><u><b>STRENGTHS:</b></u> Think about your personal strengths.</p> <ul style="list-style-type: none"> <li>• I already have some college credit completed.</li> </ul>	<p><u><b>WEAKNESSES:</b></u> Think about your personal weaknesses.</p> <ul style="list-style-type: none"> <li>• I have a fulltime job.</li> </ul>
<b>External</b>	<p><u><b>OPPORTUNITIES:</b></u> Think about the opportunities that you can use for your advantage.</p> <ul style="list-style-type: none"> <li>• Taking online classes can give me flexibility with my schedule.</li> </ul>	<p><u><b>THREATS:</b></u> Think about the barriers that can affect you.</p> <ul style="list-style-type: none"> <li>• I don't know if I can afford college.</li> </ul>

Now, it is your turn! Flip the page over and try filling out the box.

Personal SWOT Analysis		
	Helpful	Harmful
Internal	<p><u>STRENGTHS</u>: Think about your personal strengths.</p>	<p><u>WEAKNESSES</u>: Think about your personal weaknesses.</p>
External	<p><u>OPPORTUNITIES</u>: Think about the opportunities that you can use for your advantage.</p>	<p><u>THREATS</u>: Think about the barriers that can affect you.</p>