

Name:

Applied Research Project 2: Skills Audit I

S.W.A.I.N. Analysis

Strengths, Weaknesses, Aspirations, Interests and Needs

Guidance Notes

In order to evaluate our experience we need a reference point, something to refer to at a later date. This activity is about collecting your thoughts at the start of your last term at MMU and before embarking on Applied Research Project 2 and going through that learning experience. Once completed you would not normally refer to an activity like this again until after completing a period of learning (e.g. a course, placement or work experience). Later in the semester you will complete the same exercise and then look for change.

The following five pages each represent one aspect of a self-analysis test called a SWAIN. This is an acronym for Strengths, Weaknesses, Aspirations, Interests and Needs. Each page contains boxes for different aspects of a student's life, they may not all be relevant to you or you may wish to use different categories of your life.

You should think of the various aspect of your life and identify either the appropriate strength or weakness. The first time these sheets are completed they are acting as a reference point. They are not a test and there are no right or wrong answers.

Please be as honest as possible, there are no bonus marks attached to the greatness of neither the strength nor a penalty for identifying weaknesses. An example of a personal strength may be, in your opinion, kindness or the ability to listen, being a good friend. A weakness as a student may be always leaving things to the last minute.

Name:

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Strengths, Weaknesses, Aspirations, Interests and Needs

Strengths or positive qualities should be recorded below:

In my personal life my strengths are:

Empathy, kindness, social/people skills and loyalty

In my student or academic life my strengths are:

Working hard and systematically, managing workload well, very good independent learning, thinking in advance, not leaving things till last minute, reaching out and communicating to external learning to test ideas and progress development

In my working life, either prior to or during my studies, my strengths have been:

High work ethics standards, work well with the team, hardworking, flexibility, learn fast new skills

Other strengths that I can identify are: I think I covered everything I could think of.

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Areas of weakness or those that could be improved should be written below:

In my personal life my weaknesses are:

People's unkindness affects me, upsets me, it can really ruin my day

I wish I was stronger to deal with this but it's hard because I am hypersensitive.

I am impulsive (which can be a good and bad trait), and can be impatient but I can apply myself to the situation when it comes to patience (like when I worked as a support worker)

In my student or academic life my weaknesses are:

Interrupting when teachers speak (just cause I get overexcited about saying something)

Academic writing (I struggle to read because of my ADHD)

In my working life, either prior to or during my studies, my weaknesses have been:

I don't know if it's a weakness but I can't stand working with people who are lazy and don't contribute to working as a team, making sure everyone is treated equally

I get bored doing one task for a long time, so I have to switch up tasks to stop myself feeling agitated and anxious, which can be seen as scatty and like I don't finish what I started (but I always do).

Other weaknesses that I can identify are: I get stressed too easily. I can manage it when I have time for meditation, but not very well when I don't put time into my mind's health.

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Strengths, Weaknesses, **Aspirations**, Interests and Needs

Aspirations or wishes for the future should be recorded below:

In my personal life my aspirations are:

Get married to my love

Get a nice Art studio with lots of light and privacy

Perhaps start my darkroom rental business

Work for myself (web design)

Exhibit regularly

In 10 years I want to exhibit at the BARBICAN

In my student or academic life my aspirations are:

I want to take a break after BA but eventually I would like to study MA in Fine Art Photography.

In my working life, either prior to or during my studies, my aspirations have been:

Live from my art

Start my own darkroom business in Manchester

Do creative jobs that inspire me as a person and my practice

Other aspirations, desires or dreams that I can identify are:

Travel

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Strengths, Weaknesses, Aspirations, **Interests** and Needs

Any areas of particular interest should be recorded below:

In my personal life my particular interests are:

Languages - I want to polish up my Spanish to a fluent level and bring back my French

I want to attend more cultural and musical events, be more active, perhaps organise some myself, meet more like-minded people

Train in web designing

Train in starting a buissness

In my student or academic life my particular interests are: develop by studying MA in fine art photography

Become assistant to one of my favourite photographers e.g Monica Alcazar-Duarte

In my working life, either prior to or during my studies, my particular interests have been:

Travel, music -attending events of all sorts, cultural events, lindy hop, gardening, yoga, muay-thai

Other particular interests that I can identify are: video-art, super 8, leaning how to make music, dj-ing, graffiti and mural painting

Strengths, Weaknesses, Aspirations, Interests and **Needs**

Any areas of particular needs should be recorded below:

(This could also be what motivates you)

In my personal life my needs (or motivations) are: I am very content with my personal life, one thing that I need is more sleep and time to live life and see my friends

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In my student or academic life my needs (or motivations) are: support in my future career/job, opportunities

In my working life, either prior to or during my studies, my needs (or motivations) have been: A well-paid job that will give me security and freedom to put a lot of time into my art, and will allow me to pay off my debts

Other needs (or motivations) that I can identify are: just health and peace