

Career Co-op Tutorial: Personal Improvement Plan

Student name: _____

Strengths and Weaknesses

My strengths , which I noticed <u>in my studies</u> , are:
Give an example:
My strengths , which I noticed <u>in my work</u> , are:
Give an example:
My weaknesses , which I noticed <u>in my studies</u> , are:
Give an example:
My weaknesses , which I noticed <u>in my co-op work</u> , are:
Give an example:

Plan for Future Change and Improvement

Here is how I will support and further train my strengths in the next year:
Here is how I will improve my weaknesses in the next year: