*School Orientation – 7th grade College Crew at ATC lesson on personal analysis*

**S.W.O.T. – Analyzing your Strengths, Weaknesses, Opportunities and Threats**

The technique of SWOT analysis is used mostly in the business world, but if it works for successful businesses, it can work for you!

The idea is by mapping out these four characteristics of yourself and your current life, you can be much more effective and have much less anxiety. Begin each category by just brainstorming – put down whatever comes to you, whether it seems relevant or not. In this exercise we will focus on your academic life, but also your life overall, as you prepare to transition to high school.

Use the forms provided to:

**First** – list everything you think might fit into each of the four categories. Notice that these categories are intertwined – a strength made go hand-in-hand with a weakness, or it may provide an opportunity, or both!

**Second** – go through your list and pick out the items that seem most relevant and critical to your current situation.

**Finally** – prioritize and organize your final list so you can see what the major factors in each category are, and apply this information to your personal mission statement. What can you use to your best advantage, and what might you want to avoid? Use this information to approach your personal mission **strategically!**