Personal situation

Highlight all the elements which influence your studying in a positive or negative way.

Analysis

You can draw at least three aspects from this assessment:

- Look at the positive elements you have highlighted: these are your **assets and strengths** – make the most of them!

- You now have an **assessment of elements influencing your studying in a positive or negative way**. Are there more than positive elements? Which can you change? Which are difficult to change? Are they real impediments to your studies?
  
  ™ If your answer is yes, there is a good chance that you will not complete your studies.

- Assess the proportion of elements selected in the “external influences” category in relation to those in “internal strengths”. Are they balanced or are there more in one category?
  
  ™ There are two trends in facing life’s events: “internalists” see themselves as the cause of what happens. They feel able to control their behaviour and influence a situation and their motto is “where there’s a will, there’s a way”. “Externalists” think that what happens to them is due to circumstance or chance. They are rather passive and rather tend not to attempt to change a situation.