

ACTIVITIES YOU HAVE BEEN INVOLVED IN

On application forms, in covering letters, in your CV and during the interview process, it is important to talk about your skills. Talking about hobbies and extracurricular activities is a good way to show what skills and experience you have, especially if you don't have any work experience. Here are some examples of which skills different hobbies can demonstrate.



Art/Photography

Creativity, eye for detail, passion, patience, idea development.



Comedy

Initiative, resilience, creativity, idea development, humour, confidence.



Cooking

Creativity, attention to detail, patience, self-expression, multi-tasking, fast-paced decision making.



Dance

Creativity, dedication, perseverance, motivation, resilience, discipline, confidence.



Drama

Confidence, self-awareness, presentation skills, dedication, resilience, teamwork, communication skills, creativity.



Gaming

Communication, analytical skills, resourcefulness, adaptability, technical skills, problem solving.



Make-up, beauty, fashion

Creativity, following trends, research; techniques, interpersonal skills, confidence, attention to detail.



Music

Dedication, creativity, teamwork, perseverance, memory, listening, collaboration, confidence.



Pet ownership

Dedication, responsibility, care, patience, time management.



Puzzles

Strategy, logic, determination, analytical skills, problem solving, perseverance.



Reading

Imagination, empathy, creativity, attentiveness.



Scouts/Guides

Initiative, teambuilding, confidence, leadership, communication, problem solving.



Social media

Presentation skills, audience awareness, self-awareness, interpersonal skills.



Socialising

Communication, interpersonal skills, planning, rapport building.



Sports/fitness

Motivation, communication, passion, dedication, teamwork, leadership, time management, competitiveness.



Volunteering

Motivation, passion, dedication, communication, interpersonal skills, networking, sense of community, empathy.

KNOWING YOUR SKILLS AND STRENGTHS

Skills and strengths

When writing your application, it can be useful to have a list of words that you feel comfortable in using to describe yourself. The following list can be a good starting point. Try highlighting or ticking any of the words that you feel apply to yourself.

Accurate <input type="checkbox"/>	Desire to succeed <input type="checkbox"/>	Impressive <input type="checkbox"/>	Perseverant <input type="checkbox"/>
Adaptable <input type="checkbox"/>	Determined <input type="checkbox"/>	Inclusive <input type="checkbox"/>	Polite <input type="checkbox"/>
Ambitious <input type="checkbox"/>	Diplomatic <input type="checkbox"/>	Independent <input type="checkbox"/>	Positive <input type="checkbox"/>
Analytical <input type="checkbox"/>	Drive <input type="checkbox"/>	Initiative <input type="checkbox"/>	Practical <input type="checkbox"/>
Approachable <input type="checkbox"/>	Dynamic <input type="checkbox"/>	Innovative <input type="checkbox"/>	Pro active <input type="checkbox"/>
Articulate <input type="checkbox"/>	Educated <input type="checkbox"/>	Inquisitive <input type="checkbox"/>	Punctual <input type="checkbox"/>
Assertive <input type="checkbox"/>	Effective <input type="checkbox"/>	Insightful <input type="checkbox"/>	Rapport-building <input type="checkbox"/>
Astute <input type="checkbox"/>	Efficient <input type="checkbox"/>	Intelligent <input type="checkbox"/>	Rational <input type="checkbox"/>
Calm <input type="checkbox"/>	Energetic <input type="checkbox"/>	Interpersonal skills <input type="checkbox"/>	Reflective <input type="checkbox"/>
Capable <input type="checkbox"/>	Enjoy a challenge <input type="checkbox"/>	Intuitive <input type="checkbox"/>	Reliable <input type="checkbox"/>
Committed <input type="checkbox"/>	Enthusiastic <input type="checkbox"/>	Inventive <input type="checkbox"/>	Resilient <input type="checkbox"/>
Compassionate <input type="checkbox"/>	Fast learner <input type="checkbox"/>	Keen <input type="checkbox"/>	Resourceful <input type="checkbox"/>
Competent <input type="checkbox"/>	Fast worker <input type="checkbox"/>	Knowledgeable <input type="checkbox"/>	Respectful <input type="checkbox"/>
Computer literate <input type="checkbox"/>	Flexible <input type="checkbox"/>	Leadership skills <input type="checkbox"/>	Responsible <input type="checkbox"/>
Confident <input type="checkbox"/>	Focused <input type="checkbox"/>	Loyal <input type="checkbox"/>	Supportive <input type="checkbox"/>
Consistent <input type="checkbox"/>	Friendly <input type="checkbox"/>	Mature <input type="checkbox"/>	Tactful <input type="checkbox"/>
Cooperative <input type="checkbox"/>	Good communicator <input type="checkbox"/>	Methodical <input type="checkbox"/>	Team player <input type="checkbox"/>
Cope under pressure <input type="checkbox"/>	Hardworking <input type="checkbox"/>	Objective <input type="checkbox"/>	Tenacious <input type="checkbox"/>
Creative <input type="checkbox"/>	Helpful <input type="checkbox"/>	Open-minded <input type="checkbox"/>	Thorough <input type="checkbox"/>
Curious <input type="checkbox"/>	Highly motivated <input type="checkbox"/>	Organised <input type="checkbox"/>	Trustworthy <input type="checkbox"/>
Dedicated <input type="checkbox"/>	Honest <input type="checkbox"/>	Patient <input type="checkbox"/>	Versatile <input type="checkbox"/>
Dependable <input type="checkbox"/>	Imaginative <input type="checkbox"/>	Perceptive <input type="checkbox"/>	Willing <input type="checkbox"/>