



Name: _____

Mentor: _____

Date: _____

Students should use this tool to identify their skills and areas for improvement. Mentors should guide the students through this exercise by asking probing questions and giving examples from their lives. Write your responses in the appropriate boxes.

STRENGTHS: What characteristics, skills, knowledge, or experience does the student possess that other students may not possess?

WEAKNESSES: What are the habits, knowledge, or lack of experience that are missing or weaker than other students?

OPPORTUNITIES: Where are there opportunities to acquire new skills, knowledge, and/or experience?

THREATS: What is holding the student back? Is it a mindset, lack of resources, or other internal and/or external factors?

STRENGTHS

WEAKNESSES

OPPORTUNITIES

THREATS

Student SWOT Analysis