**National Careers Week**

**Monday 3rd March - My Skills Monday**

**What am I good at?**

The content below will help you understand your skills and strengths and identify any that you need to develop further.

**VIDEO PODCAST:** Watch The Bitesize Careers Video Podcast, episode ‘Help! What am I good at?’ <https://www.bbc.co.uk/bitesize/articles/z4t3qyc> to help identify your strengths, weaknesses and find out what you feel you are good at.

**VIDEO:** Watch this video ‘Five questions to ask yourself to find your future job’ <https://www.bbc.co.uk/bitesize/articles/zg9pxbk> – think about how you would answer the questions in the video.

For more information, visit:-

[Skills and qualities - Careers - BBC Bitesize](https://www.bbc.co.uk/bitesize/groups/ckqd82k4m03t)

[Careerpilot : Get information : Buzz Quiz](https://www.careerpilot.org.uk/information/buzz-quiz) - Take the quiz to find out what personality traits you have and how to make the most of them. Answer all the questions and find out which animal might best reflect you.