

Strengths, Weaknesses, Opportunities, and Threats (SWOT) Analysis

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There are many tools that you could use within your groups to help students think about their strengths and weaknesses. I have used a variety of tools but prefer the *SWOT analysis* because it helps students identify their strengths and weaknesses, and provides space for them to identify resources within their environments that could *build* their strengths and *develop* their weaknesses.

The SWOT is often used in business, but I often use it in groups to help students become self-aware, socially aware, and goal oriented.

<p><u>Strengths</u></p> <p>Things that you do well:</p> <ul style="list-style-type: none">• What do others say you do well?• Do you work well with others?• Do you have special talents?• What are you motivated to do?• Do you form positive relationships easily?• Do you have positive adults in your life?• Do you have positive peers?• Are you able to manage your emotions?• Are you confident?	<p><u>Weaknesses</u></p> <p>Things that you struggle with:</p> <ul style="list-style-type: none">• What do people say you struggle with?• Are you easily angered?• Do your emotions control you?• Do you often break the rules?• Do you skip classes often?• Are you able to manage your emotions?• Do you avoid tasks because of fear of failure?• Are you confident?• Do you run out of patience?
<p><u>Opportunities</u></p> <p>Opportunities within your environment that could develop your skills:</p> <ul style="list-style-type: none">• Do you have mentors?• Are you a part of groups/clubs where you could learn strategies• Does your school have tutoring support programs?• Does your school have psychologists/social workers who you could talk to?• Do you have access to books within your community?	<p><u>Threats</u></p> <p>Things that could hinder your progress that you have no control over:</p> <ul style="list-style-type: none">• Are there limited opportunities within your school to develop certain skills?• Are there limited opportunities within your community to develop certain skills?• Are there limited adults within your community that are willing to support you and your vision?