



# Qualities

### Reflection questions

What am I good at?  
How do I know that?

### Indicators

- I know what I am good at and not so good at.
- I know which qualities I can use in my future academic and working career.

### Explanatory notes

- Think about what you can do and what you are unable to do, and how you can use your qualities in your academic and working career.
- Reflect on your own qualities: ask others (supervisors, teachers, fellow students, counsellors, and family members) to give you feedback.

Euroguidance Netherlands  
is carried out by CINOP.

euroguidance@cinop.nl  
[www.euroguidance.nl](http://www.euroguidance.nl)



# How do you shape your career?

