# SWOT Analysis

You should be completing a SWOT analysis regularly during placement, and we recommend that you do this at the beginning, midway and at the end of placement as a minimum, although you may find this helpful to do weekly.

A SWOT analysis is a useful method for you to reflect on your performance, and should be used to develop your personal goals, as well as any learning or development needs. It can be helpful as you prepare for your midway and final appraisals.

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| **Strengths**  What can I do well? | **Weaknesses (Needs)**  What am I less good at? |
| **Opportunities**  What opportunities exist, or might become available to me to help me address my weaknesses and achieve my goals? | **Threats (Barriers)**  What/who might inhibit my progress?  (only include actual threats not possible) |