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SWOT Analysis of Behaviour and Coping

Experiment 7 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To identify personal strengths, limitations, opportunities and external difficulties.

Principle

SWOT distinguishes internal strengths/weaknesses from external opportunities/threats. It is a structured reflection aid; its usefulness depends on specific examples and realistic actions.

Requirements

- Private reflection sheet or a fictional student case.
- Four-part matrix and action-plan worksheet.

Procedure

1. Choose focus

Select one manageable context, such as examination preparation or teamwork.

2. Strengths

List helpful existing behaviours with examples, such as seeking clarification early.

3. Weaknesses

Describe changeable difficulties without self-insult, such as starting revision too late.

4. Opportunities

Identify external supports or openings, such as a study group or faculty consultation.

5. Threats

Identify external barriers, such as timetable clashes, while avoiding assumptions that cannot be checked.

6. Plan

Choose one strength to use and one practical change. Set a small action and review date.

Observations and Record

SWOT area	Specific example	Possible action
Strength	_____	_____
Weakness	_____	_____
Opportunity	_____	_____
Threat	_____	_____

Mental Well-Being Stress and Conflict Management

Worked Example

The numbers below are illustrative; enter your own observations in the record.

- “I start assignments late” is more actionable than “I am a failure.” A next step could be a 20-minute planning session two days before the next assignment.

Result

Record completion, what you noticed and one practical next step. Personal reflections remain private unless you choose to share them; these classroom activities do not establish a diagnosis.

Precautions

- Participation and sharing of personal experiences are voluntary. Use a fictional example when preferred and keep others' information confidential.
- Stop or adapt an exercise that causes discomfort. Persistent or severe distress should be discussed with the appropriate qualified support service.
- Describe personal observations without claiming that one short exercise treats or cures a mental-health condition.

Viva Questions and Answers

1. What is internal versus external in SWOT?

Behaviours/abilities are mainly internal; surrounding supports and obstacles are mainly external.

2. Why use examples?

They make the reflection concrete.

3. Does the matrix diagnose a personality type?

No. It is a planning worksheet.

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