WHAT HAS SHAPED WHO YOU ARE?

WHAT IS SHAPING WHO YOU ARE BECOMING?

Identity

FIND IDEAS ON BECOMING THE PERSON YOU WANT TO BE
www.wgtn.ac.nz/wellbeing
What is shaping who you are becoming? What is one thing from where you’ve grown up that you think has helped you be who you are today? Who are five people you look up to who have greatly influenced you? What are three things that have helped you be who you are today? To understand who we are today and who we’ll be in the future, it’s important to look back on where we’ve come from.

Character strengths are the best traits you possess. Knowing and developing these can help you feel more fulfilled.

Free to take!

For a list of our support services, go to: wgtn.ac.nz/support

If you would like more ideas on becoming the person you want to be, we have resources and services that can help.

The search for purpose is something we all share. Remember that you do not need to have it all figured out now.

Here are some example strengths:

- Curious
- Creative
- Trustworthy
- Perseverant
- Approachable

Playing to your strengths can help you feel more fulfilled.

Where am I heading after uni?

No matter where you’re heading, university gives you the opportunity to develop skills for the future.

- Focus on learning and growing your skills.
- Be open to opportunities when they come.
- Talk to the Careers team—they have great ideas and advice (Hunter 120).

Wandering what you can do with your degree?

Go to Quicklinks on wgtn.ac.nz/careers for a list of our support services.

For a list of our support services, go to: wgtn.ac.nz/students/support

Write down five positive traits other people have noticed and said about you:

1. 
2. 
3. 
4. 
5. 

To help identify your strengths try the FutureSelves questionnaire — contact Careers and Employment at careers-services@vuw.ac.nz or 04 463 5393.

Here are some example strengths:

- Values
- Atua (Spirituality)
- Authentic
- Kinship
- Curious

To understand who we are today and who we’ll be in the future, it’s important to look back on where we’ve come from.

What do you want to change? Now think about the path you’ve been on so far. What would you like to change?

What will you keep doing?

Take it one day at a time. The path is not straight, uncertainty is all part of it, so keep learning and enjoy the ride!