

Learning Objective

How do you feel about this question right now, before the lesson?

Обведи рівень впевненості (1 = нервую, 5 = впевнений/а):

nervous

unsure

ok

good

confident

Word	Pronunciation	Translation	Definition	Stress Pattern
strengths	/streŋθs/	сильні сторони		STRENGTHS
initiative	/ɪˈnɪʃətɪv/	ініціатива		ɪ-NI-tia-tive
adaptable	/əˈdæptəbl/	гнучкий,		a-DAP-ta-ble
outcome	/ˈaʊtkʌm/	результат,	the final result or consequence of an action	OUT-come
escalate	/ˈeskəleɪt/	загострюватися,	to increase rapidly in severity or size	ES-ca-late

☐ Done ☐ Review

What are your strengths?

How to talk about what you're good at , without sounding arrogant or listing adjectives

Interview Crimes · What Not to Say

The question: "What are your strengths?"

Crime 1 of 4

You say: "I'm a perfectionist. I always want everything done to the highest standard."

Interviewer thinks: "That's the most overused answer in interview history. And it's not actually a strength , it's a non-answer."

Better: Name a real, specific skill and back it with a concrete situation. "Perfectionism" with no evidence is just noise.

Crime 2 of 4

You say: "I'm hardworking, responsible and a good communicator."

Interviewer thinks: "Three adjectives. Zero proof. I've heard this exact sentence from the last twelve candidates."

Better: Pick one and tell the story. "I'm a strong communicator" means nothing. "I rebuilt the client relationship after a failed delivery and retained the account" says everything.

Crime 3 of 4

You say: "My strengths are leadership, problem-solving, communication, attention to detail, and time management."

Interviewer thinks: "They can't prioritise. And I still know nothing real about any of them."

Better: One strength, fully developed. Two at most. Depth beats breadth every single time in an interview.

Crime 4 of 4

You say: "I think I'm good at everything, really. I adapt to any situation."

Interviewer thinks: "Either they have no self-awareness, or they haven't prepared at all. Neither is good."

Better: Being "adaptable" is fine , but prove it. "When our team lead left mid-project, I stepped in and delivered on schedule" is adaptability with evidence.

☐ Done

☐ Review

Which crime is easiest to slip into? · яку помилку легко припуститися саме тобі?

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Model Answer · Read & Fill in the Gaps

Word Bank:

act

noticed

built

reduced

adapt

stepped

kept

"One of my key strengths is the ability to spot problems early and _____ before they escalate. In my previous role, I _____ that our client reports were consistently delayed because three teams were working from different data sources.

Without being asked, I _____ a shared tracking dashboard , which _____ our reporting time by 40% and eliminated most of the back-and-forth.

I've also been told that I _____ well under pressure. When our team lead left unexpectedly mid-project, I _____ in, coordinated the handover, and _____ everything on schedule."

☐ Done

☐ Review

Cultural Note

Candidates often feel uncomfortable talking about their strengths , it can feel like boasting. But in English-language interviews, naming your strengths with evidence is expected and professional. The key difference: you're not bragging, you're answering the question . An interviewer who doesn't hear your strengths will assume you don't have any.

KEY TAKEAWAY

Claim it. Name it. Prove it with a number.

Check Your Understanding

1. Why is "I'm a perfectionist" a poor answer to this question?

2. What should always follow a strength claim?

3. How many strengths should you mention in one answer?

☐ Done

☐ Review

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Phrase Flashcards

Phrase	IPA	Ukrainian	How to use
One of my key strengths is...	/wʌn əv maɪ kiː streŋθs ɪz/	Одна з моїх ключових сильних сторін , це...	start with one specific strength, not a list. The word "key" signals you've thought about what matters most.
I've always been able to...	/aɪv 'ɔːlweɪz bɪn 'eɪbəl tuː/	Мені завжди вдавалося...	to show a consistent, natural ability, not just a one-off achievement. Works best for skills that come easily to you.
For example, in my last role I...	/fɔːr ɪɡ'zɑːmpl ɪn maɪ lɑːst rəʊl aɪ/	Наприклад, на попередньому місці роботи я...	the evidence bridge: every strength claim needs a concrete example. This phrase is the hinge that connects the claim to the proof.
I take the initiative to...	/aɪ teɪk ðɪ ɪ'nɪʃətɪv tuː/	Я беру ініціативу, щоб...	shows proactivity through action, not adjective. Much stronger than just saying "I'm proactive."
This resulted in...	/ðɪs rɪ'zʌltɪd ɪn/	Це призвело до...	the closing line of your evidence story. Quantify whenever possible: numbers make the result memorable and credible.

☐ Done ☐ Review

Answer Builder · Build Your Answer

Structure: SER structure

S

Strength

What is one specific strength you want to highlight?

E

Evidence

When and how did you demonstrate this strength? Be specific.

R

Result

What was the measurable outcome? Use numbers where possible.

Sample answer:

My strongest professional skill is breaking complex problems into clear, actionable steps. In my last role as a data analyst I was asked to improve our weekly reporting. I rebuilt the entire process from scratch, which cut preparation time from four hours to forty minutes. The team adopted it immediately and it became the company standard.

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Grammar Practice · Past Simple & Present Perfect

Fill in the gaps

Write the correct form of the verb in brackets.

Both Past Simple and Present Perfect are possible in some gaps; the answers below use the most natural spoken form.

I _____ (work) in project management for five years. Last year, I _____ (lead) a team of eight and _____ (deliver) the project two weeks early. Throughout my career I have always _____ (take) the initiative to improve processes.

Fill in the gaps

Complete the story with the correct verb forms.

"In my previous role I _____ (notice) a gap in our workflow and _____ (build) a tool to fix it. Since then, it _____ (reduce) manual work by 30%. My manager _____ (say) it was one of the best improvements we _____ (make) that year."

☐ Done ☐ Review

How do you feel about this question now, after the lesson?

Circle your confidence level (1 = nervous, 5 = confident):

Обведи рівень впевненості (1 = нервую, 5 = впевнений/а):



nervous



unsure



ok



good



confident

Plan Your Next Episode

Plan Your Next Episode

When do you plan to do the next episode?

Date: _____

Words & phrases I want to remember · слова та фрази, які хочу запам'ятати
