



How to: LEVEL UP

Oftentimes, particularly during the study-vacation period, we ponder our next move. Our next career goal. Our next academic win. Our next get-together. What we, myself including, tend to overlook is one key denominator or rather constant in all these desires: *ourselves*.

Recently, I participated in the *Mentoring Program* facilitated by the Women in Business Society. Amidst discussion over the transition between university and work life, my mentor and I made a profound judgement where we realised that in order to perform at our ideal level in new environments, be that in an interview setting or a first impression at a networking event, we must prioritise having a strong sense of self.

Sense of self refers to how you perceive yourself. It is knowing your strengths, values and interests – things that distinguish each and every one of us. Alternatively, it also encompasses knowing your limitations and what may influence your thoughts and actions. This sense of self is inherently integrated in how we are subconsciously portrayed to others and how we formulate our goals and the means of achieving them.

Thus, in taking the time to identify these variables, you will have a clearer idea of not only how to improve yourself, but how to weaponise these characteristics into forging your own unique pathway, supported by your own conviction as opposed to a hollow-ended idea of what you *should* be doing.

I urge everyone to take time during the break to reflect on their sense of self, how it has been serving you in your present, and how you ought for it to influence the remainder of your year.

- Naveera Khan.