Do you want to check whether you have the aptitude for social work? Ask yourself the following questions:-

1. Do you emphasise with another person’s experience of pain and joy?
2. Are you an active listener?
3. Are you sensitive to body language, social cues and cultural patterns of other person’s behaviour?
4. Do you have self-awareness (the ability to critically evaluate one’s own performance)?
5. Are you ready for long, heavy and busy work days?
6. Can you coordinate with different people to accomplish a task?
7. Do you have the ability to influence other people?
8. Can you cooperate with different types of people?
9. Can you handle stress?
10. Can you tend to your own self needs also in spite of a stressful work environment?

Note:

- If you have more than 6 answers as ‘yes’, then you are probably fit for thinking about social work as a career.
- You can meet our career guidance counsellor for more details.