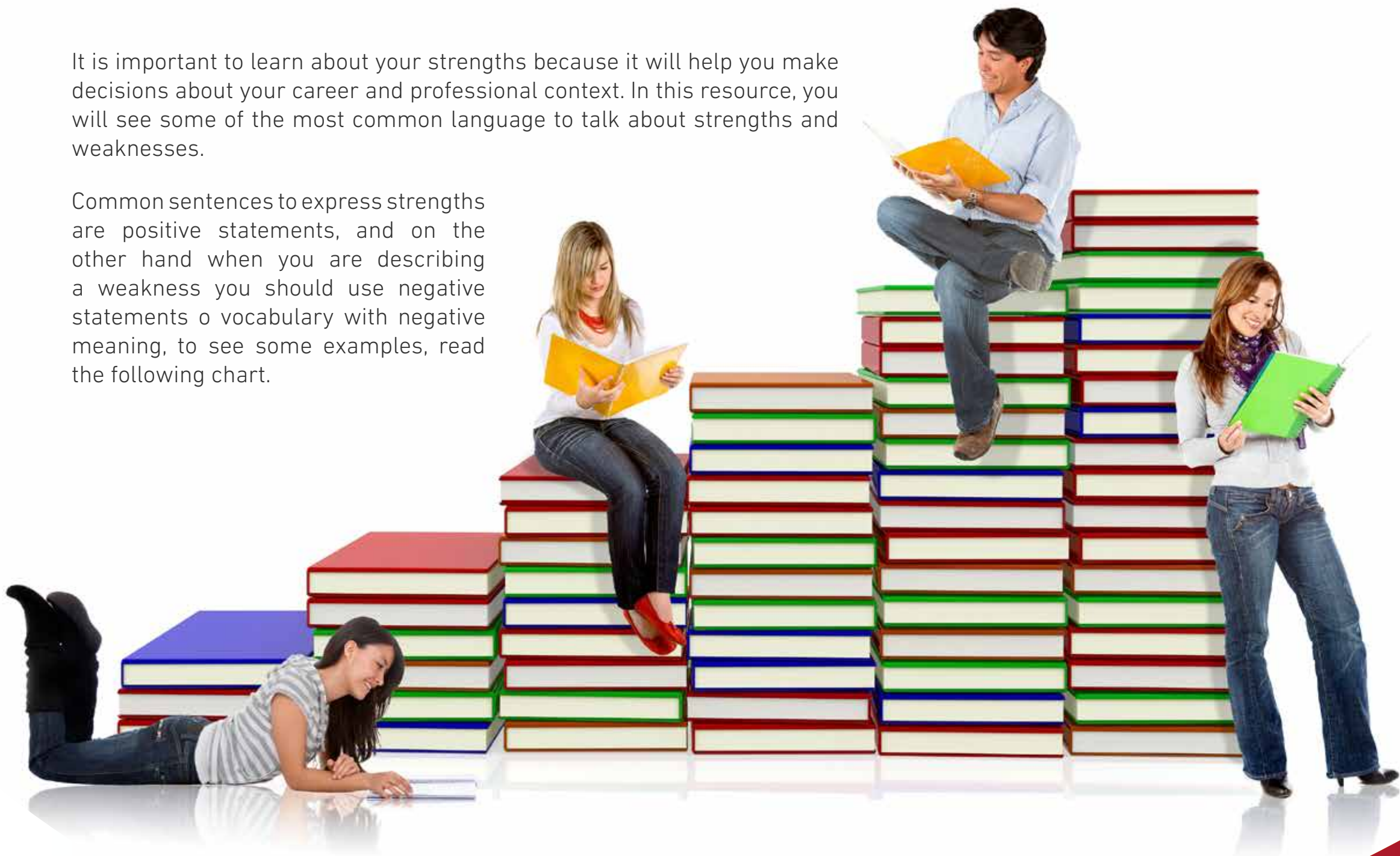
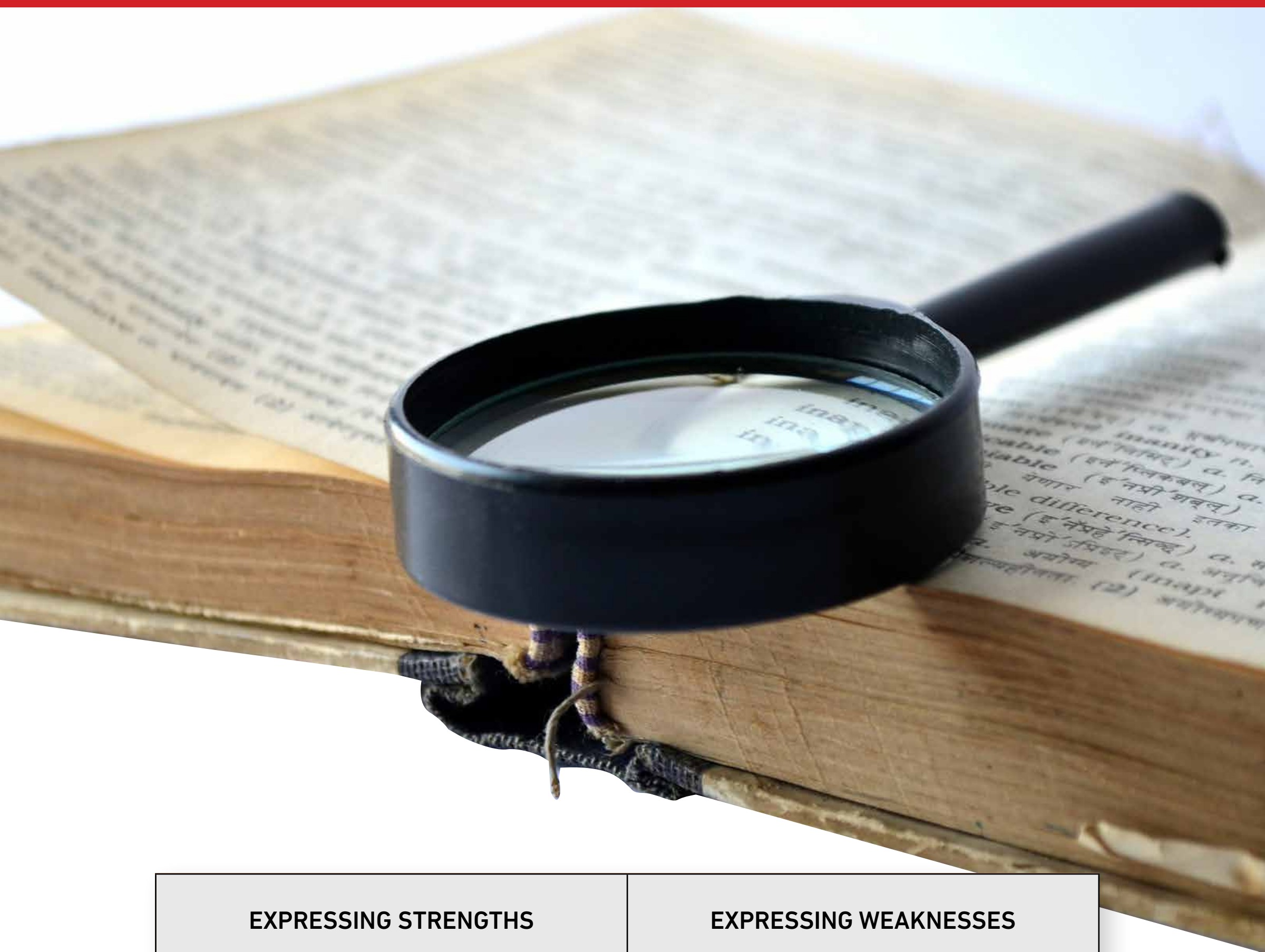




It is important to learn about your strengths because it will help you make decisions about your career and professional context. In this resource, you will see some of the most common language to talk about strengths and weaknesses.

Common sentences to express strengths are positive statements, and on the other hand when you are describing a weakness you should use negative statements or vocabulary with negative meaning, to see some examples, read the following chart.



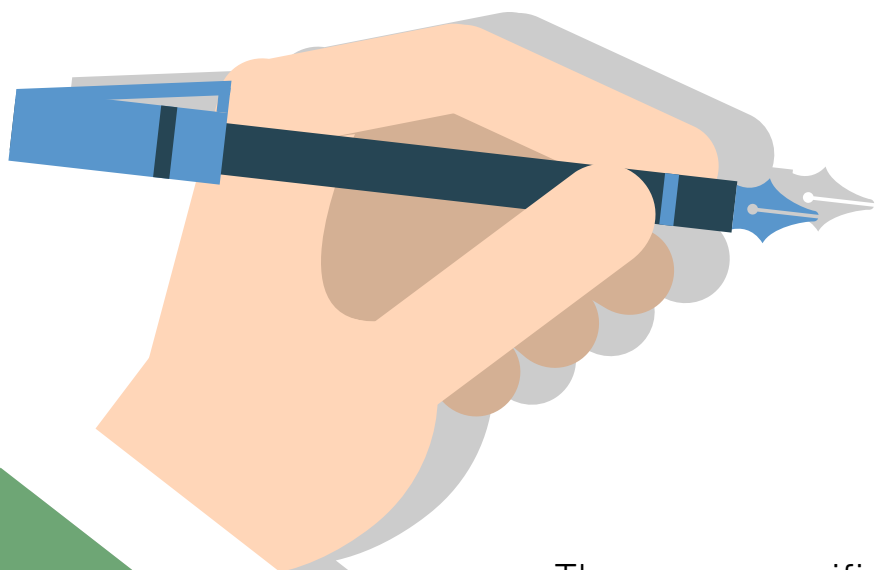


EXPRESSING STRENGTHS	EXPRESSING WEAKNESSES
<ul style="list-style-type: none"> <li>• <b>great</b> at</li> <li>• <b>brilliant</b> at</li> <li>• <b>fantastic</b> at</li> </ul> <p>Examples: He's <b>good at English</b>. You're <b>good at spelling</b></p>	<ul style="list-style-type: none"> <li>• <b>terrible</b> at</li> <li>• <b>really bad</b> at</li> <li>• <b>hopeless</b> at</li> <li>• <b>useless</b> at</li> </ul> <p>Examples: I'm <b>bad at Maths</b>. I'm <b>not any good</b> at cooking</p>

Using this kind of language you must take into consideration the use of gerunds, as there is a rule in English that indicates that after a preposition as "at" you have to write the verb in its gerund form. To see more about this rule read the following explanation.

# GERUNDS

It refers to the "ing" form of a verb to be use as a subject or as an object in a sentence, to fulfill this function the verb changes its category to be used as a noun. let's read these examples:



Read (verb)- Reading (noun)

Leer (verbo) - La lectura (sustantivo)

Swim (verb) - swimming (noun)

Nadar (verbo) - la natación (sustantivo)

These are specific situation when the **Gerund** is used:

1 After certain verbs: I **enjoy** singing.

2 After prepositions: I drank a soda **before** leaving.

3 As the subject or object of a sentence: **Dancing** is my passion.

4 After some nouns: His **problem** finding a new job.

To the case here concerned, a gerund (-ing form) is used when a verb comes after the preposition at and it is also working as the object of the sentence.

- My friends are good **at playing** soccer.

These are some other preposition commonly used before a gerund:

**Against:** They are *against* **smoking** in public places.

**At:** He is good *at* **speaking** English.

**After:** I went home after **leaving** the party.

**By:** You can find the address *by* **using** the Internet.

**On:** We need to keep *on* **going**.

**Instead Of:** You should tell the truth *instead of* **lying** all the time.

**Talk About:** We can *talk about* **going** home.

**Afraid Of:** I'm *afraid of* **flying**.


**Without:** You can't learn *without* **making** mistakes.

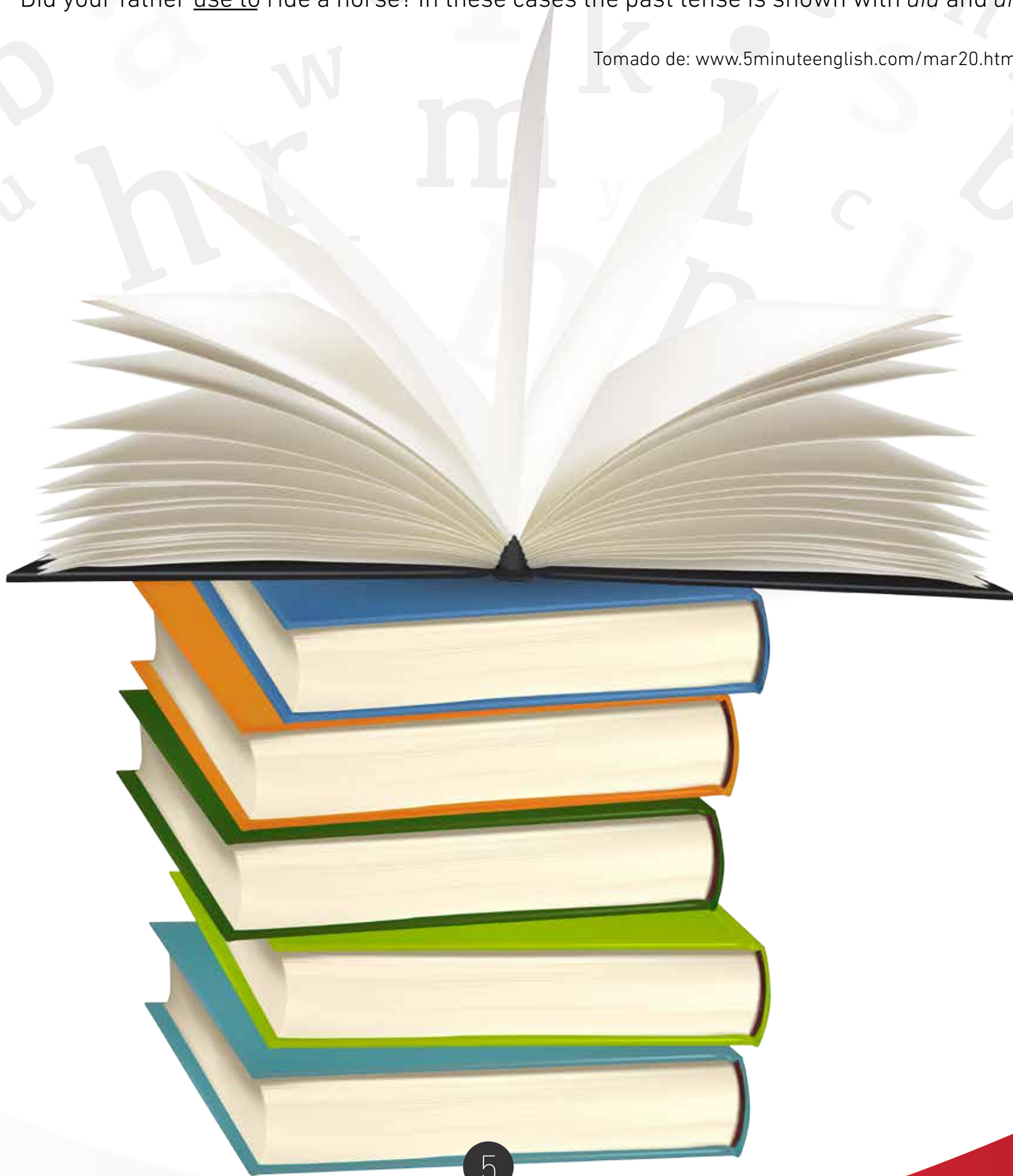
# USEFUL VOCABULARY

**Use to + verb** is a regular verb and means something that happened but doesn't happen anymore. It uses *-ed* to show past tense. But since it always means something that happened in the past, it should always use past tense.

Examples:

- I used to go to school in Paris. (I went to school there before, but now I don't.)
- When Joshua was a child, he used to climb trees. (Now he doesn't climb trees.)
- She didn't use to swim before noon. (Now she does swim before noon.)
- Did your father use to ride a horse? In these cases the past tense is shown with *did* and *didn't*.

Tomado de: [www.5minuteenglish.com/mar20.htm](http://www.5minuteenglish.com/mar20.htm) 



## OTROS RECURSOS

### Ser bueno en algo.



Ejemplos y pronunciación de frases sobre habilidades..

### 10 maneras de resaltar sus fortalezas.



Frases y sugerencias para enmarcar las fortalezas en el medio laboral.

### Uso de gerundios después de preposición.



Explicaciones y ejercicios sobre el uso de gerundios.

### Uso de gerundios después de preposición.



Explicaciones y ejercicios sobre el uso de gerundios.

Estos enlaces no son producidos por la **Institución**, son un apoyo **adicional externo** que le suministramos a usted. En caso de daño de alguno de los links, por favor reportarlo a nuestra **Mesa de Ayuda**.