

Describe Yourself in 3 Words

Wednesday, June 09, 2021 6:05:00 PM

By: Jaime Schrabec

Category: [Professionals](#), [Students](#)



Whether responding to interview questions or writing your resume or bio, talking about yourself can be difficult. How do you choose the right words to communicate your

personality, abilities and interests? The topic of cooperativeness provides a chance to learn and practice. How would you answer the following question?

What does “cooperativeness” mean and how does it apply to you?

Before answering, let’s consider the topics featured in the Act II Career Readiness and Management Program. As you already know, the course outline has been organized around 12 different words: openness, achievement, self-confidence, stress tolerance, communication, assertiveness, competitiveness, conscientiousness, cooperativeness, motivation, patience and perseverance.

When asked to name 3 words to describe yourself, as prospective employers often do, would you name any of these words? Not likely, because all these words are nouns, not the adjective versions we’d normally use to describe someone: open, accomplished, confident, resilient, communicative, assertive, competitive, conscientious,

[Beauty Cast Network Home](#)

 Search

Email

Submit

cooperative, motivated, patient and persistent.

You may recall from previous English classes that adding the suffix “-ness” to the end of an adjective like “cooperative” makes the word a noun, the quality of being that adjective. However, nouns may not be that useful when talking about yourself or something you did. Try using “cooperativeness” in a sentence:

My cooperativeness is what helped on this project.

My cooperativeness helped on this project.

This project was helped by my cooperativeness.

I demonstrated my cooperativeness when I helped on this project.

Why do these sentences sound so lame? Because the further you distance yourself from the action (verb) “to cooperate,” the weaker and more passive you seem. What did you actually do for this project?

My best advice: Take responsibility for your actions and describe yourself with the active voice and active verbs instead of the passive voice, passive verbs, weak adjectives or awkward nouns.

As a reminder, the active voice places the subject in the role of doing an action (subject-verb-object), whereas the passive voice places the subject in the role of being acted upon (object-verb-subject). In the passive voice, the subject may be unclear, as in this simple example. Did you or someone else finish your homework?

I finished my homework. (active voice)

My homework was finished. (passive voice)

"Root out all the 'to be' verbs in your prose and bludgeon them until dead. No 'It was' or 'they are' or 'I am.' Don't let it be, make it happen." - Barbara Kingsolver

So back to the original question: what does “cooperativeness” mean and how does it apply to you?

achievement achieving Advanced Education
aesthetician authentic balance BCN Beauty
beauty career beauty careers Beauty Cast
Network Beauty Industry beauty job beauty
jobs beauty professional Beauty School
beauty student Beginner blind Blog Body Language
Booth Rent boss branding Business Career
Career Advice Career Fair careers Celebrity
Chain Salon Children Clientele Clients Coaching
Commission Communication Competition
Confedence confidence confidence building
connect Continuing Education conversation
Cosmetology Cosmetology School Co-Workers
Customer Customer Service dream job dress code
Education Educator Employee Employees
Employer Employers Esthetician Expert failure
Finance Financial Aid goal' Goals growth Hair Hair
Style Hair Stylists hairstylists halloween help
honest Image Industry Industry InSite Instagram
Interview interview tips Job job search Jobs johari
Kids Leadership learning listen Make Up Makeup
Artist Management Marketing Mentor Money
Money Management Motivation Nail tech nails
natural Negotiating network Networking online
reputation openness Owner pandemic Passion
patience People perseverance personality Platform
Artist positive Presentation products
Professional Professional Education
Professionals Profile pumpkin purpose
quiet recruiting tips Rental reserved Resolutions
Resume retention Salary Salon salon culture
Salon Management Salon Owner salon style
Salon Training Scholar Scholarship Scholarships
School Schools self confidence self help Service
Showcase skill Social Media Soft skills Sport Clips
Staff Strengths stress free Student Student
Loans Students style Stylist Stylists
Success Teachers technical Time Management
Tips unknown wellness Work Ethic

Answer in a way that centers you as the subject and explains how you make things happen. Be truthful and thoughtful. Don't give yourself more credit than deserved. Not sure about the meaning of a word? Search an online dictionary and thesaurus to find the best word for the context.

If you'd like to share your answer to be included in a future column, please email me at jaime@precisionnails.com.

Related Posts

No Comments

Add a Comment

Name

Email

Url

Comment

Submit Comment