

# Strengthsquest Student Action Items Quick Reference Sheet

## **achiever**

Select challenging courses in which you have the leeway to work as hard as you want and in which you are encouraged to measure your own progress. You will feel challenged and alive in these environments

Own the fact that you might work longer hours than most people and that you might not need as much sleep as many other people do. Find the hours of the day when you are most productive and use that time for your most challenging work.

Choose to study with other hard workers.

Elect to join organizations where your accomplishments will be recognized. Insist on establishing deadlines for each objective.

## **activator**

Initiate classroom discussions. Suggest topics. Take sides in debates. Help your fellow students learn faster and learn more.

Choose a major field of study about which you are passionate. Realize your success hinges on your being fully engaged.

Opt for courses that involve hands-on activities, lively verbal exchanges, and interesting experiments.

Join clubs and try out for athletic teams with jam-packed rosters of events.

## **adaptability**

Choose study partners who are serious yet share your easy-going, relaxed work style. Avoid individuals who are tense and anxious. Make a list of potential study buddies.

Join organizations that sponsor events that demand flexibility in terms of planning as well as execution. Capitalize on your ability to monitor and adjust.

You may thrive in chaos. Avoid environments that are highly structured or routine, with lots of rules and regulations.

## **analytical**

Select professors with reputations for presenting lessons in a logical, sequential manner. Avoid instructors who present a confusing jumble of unrelated ideas, facts, theories, illustrations, or philosophies.

Dismiss erroneous statements, flawed theories, and illogical conclusions, as well as prejudiced opinions.

Gravitate to organizations known for their commitment to the use of logic and reason.

## **arranger**

Study successful systems and arrangements to understand the configurations that work best. Make notes and apply the patterns you see to your own systems.

Prioritize your studies. Identify the most important tasks based on deadlines, percentage of final grade, and difficulty. Balance.

Get involved and stay busy. Mix non-academic projects, appointments, meetings, and tasks into your day or week.

## **belief**

To give voice to your values, partner with people who have exceptional talents in Communication or Woo. This approach will help others know who you are and how to relate to you.

Actively seek roles that fit your values. In particular, think about joining organizations that define their purposes by the contribution they make to society.

Spend time thinking about your "calling." Once you have articulated this mission, seek more information at the career center about careers that can help you fulfill it.

## **command**

Find a cause you believe in, and support it. You might be at your best when defending a cause in the face of resistance.

Partner with people who have exceptional talents in themes such as Ideation and Strategic. They can help you see the big picture, and thus be even more persuasive.

Take classes in which you are expected to voice your opinions, draw conclusions, take sides, and make recommendations.

## **communication**

Partnering with people who have powerful Positivity or Harmony talents can help develop your sensitivity to others' views.

Select classes in which you will be graded for participation in class discussions.

Go to career fairs at which you can interact with lots of different people about a great variety of roles.

## **competition**

Monitor your grade-point average by the week, month, or academic term. Compare your class ranking to that of your closest rivals.

Realize that striving for the highest GPA leads you to excel.

Seek out highly competitive people and study with them. Know that you will push each other to learn more, faster. Figure out how to manage the inevitable undercurrent of tension that will exist.

Explore leadership opportunities on campus, particularly in organizations where you can stimulate others to excel and win.

## **connectedness**

Your ability to see the web of relationships can lead to powerful learning experiences. Seek out classes where your open-mindedness and intuitive perceptions will be an asset.

Not everyone sees the connections you do or sees the role of faith that you may see. Rather than being disappointed by this, partner with someone with powerful Communication talents who can “tell the story” that you see so naturally.

When others are in conflict or don’t understand differences, your ability to see what people have in common can unite a group.

## **context**

Because you value the lessons of the past, you may have a tendency to feel it’s important to do things the way they have been done in the past. Partner with Strategic talents to see the best way to approach challenges or new opportunities.

Partner with Futuristic talents. They can help you build an even greater bridge from the past to the future.

Collegial environments with strong traditions, rituals, and a sense of organizational history will often bring out your best.

## **deliberative**

Partner with someone who has exceptional Self-Assurance talents. That person can give you the confidence to stick with the good decisions you’ve made.

Always be well prepared for class. You will feel more comfortable and confident talking in class when you are sure of the validity of what you have to say and the completeness of your thoughts.

When forming study groups, be selective about whom you study with. Choose responsible, serious people like yourself who will be well prepared and focus on the task at hand.

## **developer**

Motivate yourself by tutoring or helping someone else in the class to understand concepts you have gained from the lecture, the reading, and the discussion.

Pretend that you are going to explain to others what you are trying to learn.

Enroll in classes with group projects, specifically those that include community service opportunities.

## **discipline**

Choose professors who structure their courses and have clear expectations.

Join a group in which you can use your organizational talents to help plan some major events, breaking down tasks to ensure that deadlines will be met.

Environments in which you can maintain order for yourself and others will enable you to be most effective. Your organizational talents can be useful in a wide variety of settings.

## **empathy**

Become involved in activities, clubs, or organizations that help you feel you’re making a difference with individuals.

Environments that provide regular social interaction and an opportunity to collaborate with others will allow your Empathy talents to flourish.

The “emotional tone” of your work environment is important. You might find that surrounding yourself with others who are positive and upbeat is highly rewarding.

## **consistency**

You probably become frustrated when you see inequity. Partner with people whose Adaptability or Positivity talents can help you keep things in perspective when this happens.

Seek professors who set the same clear expectations for everyone in the class. Make sure that you know exactly what is required to earn the grades you desire

Understand that your predictability makes you a valuable study buddy. Partner with classmates whose need for routines and processes mirror your own.

## **focus**

Partner with Ideation or Strategic talents before honing in on a goal, so you can gain confidence that your Focus talents are aimed in the most effective direction.

When given assignments, clarify timelines and expectations. You become discontent with what you see as “busy work.”

Schedule your work in a way that allows you to focus your full attention on one assignment or project at a time.

## **futuristic**

Because you see what’s coming, partner with Discipline or Arranger talents to be organized in preparation for the future.

Try to understand what you’re studying; don’t just memorize. Relate what you’re studying to yourself in the future.

Volunteer in an organization where you can help create the future, painting vivid pictures for those who work there.

## **harmony**

Choose classes in which there will be a minimum of controversy. Avoid confrontational, aggressive professors.

You work well and are helpful in team project environments. You help others work together even more productively. Your

Harmony talents promote emotional stability and calmness in the group.

## **ideation**

Your role in a group may be to brainstorm new and creative possibilities. With your abundance of ideas, this approach can be more exciting and more productive for your group

You have a high rate of creative productivity in your life. Partner with Strategic or Futuristic talents to help you hone these ideas into even higher levels of creativity.

Choose classes that involve creative projects rather than simple exams and term papers.

## **includer**

Sign up for classes in which you will learn more about the uniqueness of particular groups of people. Use this information to help them feel included.

Your ability to help others feel part of the group makes you a valuable member of student organizations & service groups.

Environments where you can play a welcoming role, such as in orienting new students or giving campus tours, can allow your includer talents to flourish.

## **individualization**

Enroll in classes about people, such as literature, sociology, and psychology.

Your talents can be useful on search committees and in recruiting processes, as you are able to see ways in which people’s talents can fit particular roles.

Environments in which you can mentor others or provide feedback about their performance may bring out your best.

## **input**

Partner with Focus or Discipline talents to channel your Input productively and to organize all you’ve discovered so that it is more readily available for you to use.

Prioritize the most critical information to study. Otherwise, you might become distracted by other information that fascinates you but is not as relevant.

Go to the career center and take career assessments. What do they tell you about your career interests?

## **intellection**

Study to understand and learn; not just to memorize.

Take part in study groups that allow you to verbalize and further define your thoughts.

Take classes that promote intellectual and analytical thought & join clubs that allow you have stimulating conversations.

## **learner**

You are energized by the challenge of keeping up with constantly changing fields. Take courses in a wide variety of subjects in order to keep your interest levels high.

You love the process of learning so much that the outcome may not matter to you. As a result, you may have a number of unfinished projects that you plan to come back to “someday.”

Partner with Strategic, Activator, Focus, or Achiever to make your Learner talents even more productive and purposeful.

**maximizer**

Discover your best way to learn, and stick to it.

Choose your major on the basis of your greatest talents and your personal mission.

Join organizations that have missions related to development.

**positivity**

Play or support team sports in which can you enjoy cheering others on.

Pump energy into clubs you join.

Choose work for which you have passion. You will be energized when you are in environments that encourage your hopeful view of the future.

**relator**

If you are new on campus, get to know the people who live near you. Early relationships may benefit you in the long haul.

Smaller classes, and even smaller colleges, are likely to be the kind of environments where your talents will flourish.

Choose classes that friends are taking. Your relationships with them will heighten your engagement in the classes

**responsibility**

Think about what it would mean to be a truly responsible student. Work toward that standard in a progressive manner.

Select organizations that stand for the same values you do.

You often take the initiative, and you always follow through, so you do not need a lot of supervision. Select work in which you can be given more and more responsibility as you progressively achieve.

**restorative**

Learn to complement your Restorative talents by partnering with people who have powerful Positivity talents. Their natural optimism will keep your problem-solving from becoming pessimism.

Select classes in which you learn to solve problems.

Volunteer your time in an organization that needs someone to “breathe new life” into their work. This is often what you do best.

**self-assurance**

Ensure that you are completely in control of your grades. Gain a clear understanding of what is expected and how meet those expectations

Workplaces and tasks that will challenge you and provide you with freedom are likely to energize you most.

You don't have a great need for direction or support from others, which makes you particularly effective in situations that call for independence of thought and action.

**significance**

Select classes in which you can be highly successful.

Environments in which you and your significant contribution are visible to others and in which you receive recognition for a job well done are likely to bring out your best.

Environments in which you are given flexibility to do things your own way are likely to bring out your best.

**strategic**

Opt for classes that encourage discussion and creative solutions.

Seek a leadership role in a group. You see the path to success more clearly than many.

Consider taking an independent-study class. Your Strategic talents can help you work on your own.

**woo**

Join social groups and study groups.

Choose classes that offer opportunities to meet lots of people.

Get involved in an activity or group that gives you the opportunity to connect with different people.

**For more tips, visit [www.strengthsquest.com](http://www.strengthsquest.com) and log in to your StrengthsQuest account.**