

# Developing Your Strength Self Assurance

The genius of your Self Assurance talent begins with your confidence. You have a quality that is often called resilience. This means that you can “bounce back.” Accordingly, you have an attitude that no matter what happens to you, you will in fact “bounce back” and quite probably reach higher heights even if you momentarily fail. The genius here is that you not only have confidence but an inner compass for deciding what you need to do and how you need to do it.

Adapted from “The Genius and Beauty found within The Clifton StrengthsFinder Themes of Talent,” by Edward C. Anderson

## **Applying Self Assurance Talents in Careers**

- Your confidence that a good career fit is out there for you will be an enormous asset in the career planning process.
- Your talents probably can give you confidence in a variety of jobs, internships, and volunteer opportunities. Try out several different roles. Which ones seem most natural to you?
- Workplaces and tasks that will challenge you and provide you with freedom are likely to energize you most.
- Environments that focus on prominent or critical projects that could intimidate others seem to bring out your best.
- 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.
- Interview people in careers that involve public presentations, sales, or entertainment. Ask what they find most rewarding about their work.

Adapted from StrengthsQuest website: [www.strengthsquest.com](http://www.strengthsquest.com)

### **Career Plan of Action:**


# **Applying Self Assurance Talents in Academics**

## **General Academic Life**

- Ensure that you are completely in control of your grades. Gain a clear understanding of what is expected and how to meet those expectations.
- Always strive to become a better student. Stick with what is working for you and continue to build on your most powerful talents.
- Be confident in your abilities to understand and learn material.
- Register for classes that excite you.

## **Study Techniques**

- Overstudy. Do more than you need to do.
- Have confidence in your best ways to learn.
- Study your greatest talents and recognize the many ways in which you can achieve through them.
- Enjoy the risks you take in your approach to studying.

## **Relationships**

- Get to know your professors. This approach will help you stay in control of your learning.
- Build a potentially lifetime friendship with an instructor.
- Seek people who appreciate your self-confidence.

## **Class Selection**

- Choose classes that you will find challenging and intriguing.
- Select classes that play to your strengths and greatest talents.
- Choose classes in which you can achieve major successes.

## **Extracurricular Activities**

- Seek a leadership position in an organization that addresses issues important to you. You know you can make an important difference in these areas.
- Join clubs that will "stretch" your talents and your horizons. Dare to tackle the unfamiliar.
- Consider a semester abroad. Your Self Assurance talents will help you maneuver through a culture that is quite different from your own.

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## **Academic Plan of Action:**
