

## Developing Your Strength

# Discipline

The genius of your Discipline talent involves your level of personal productivity and the accuracy with which you produce things. Your level of productivity and your level of accuracy stem from the way you can structure tasks and your environment. This ability to structure is key to you being productive and to your accuracy. You can take complex tasks with multiple stages and identify the steps needed to complete the tasks. Next, you structure the environment and organize the actions needed to complete the tasks. Finally, you begin organizing, re-organizing and structuring each action step that must be complete in order to produce things accurately. Finally, the genius of your Discipline talent identifies the fastest and most efficient methods while maintaining the highest quality.

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

### Applying Discipline Talents in Careers

- Collect all the information you might need about making a career choice. Use your natural discipline to organize it as you prepare to make a decision.
- Lay out all the steps of the career planning process and follow them one by one. Put the steps on a timeline, as timelines often motivate you.
- 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.
- Environments that are structured and detail-oriented, with clearly established routines and procedures, will likely bring out your best. Cluttered, unpredictable environments may not allow your Discipline talents to flourish.
- Work that demands high levels of abstract thinking probably will not be comfortable for you. A daily routine and concrete expectations from others likely will enable you to be most productive.
- Environments that value attention to detail and commitment to accuracy will be a good fit for you. Read about the work that air traffic controllers, brain surgeons, tax specialists, and executive assistants do.

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

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


# Applying Discipline Talents in Academics

## **General Academic Life**

- Schedule all assignments, exams, and papers due for the term.
- Clean and organize your living space before any major assignments are due or before an examination period.
- If you are in a self-paced class or a class with minimal structure, develop your own structure to ensure that you meet the class requirements.
- Don't be afraid to color-code tasks on your calendar and your textbooks or notes. This will help you focus and prioritize what you are learning and doing.

## **Study Techniques**

- Before starting papers, talk to instructors to find out what they expect and how they will grade the papers.
- When you come across an unfamiliar word, finish the sentence, look the word up, then reread the sentence.
- When preparing for a test, get organized. Collect all notes, have terms defined and facts highlighted and/or listed, and have possible questions available.
- When you are working on a paper, it may be best to make an outline, breaking the topic down into parts that you can work on individually.
- Use your discipline to stay ahead in reading assignments. Go over your lecture notes within 12 hours of taking them.
- Make a list of all academic tasks that you need to complete for the day. Check items off as you complete them.

## **Relationships**

- Find some friends who are as organized as you are. You will not disappoint each other.
- Be the organizer for your friends, giving them friendly calls to remind them of when and where you are meeting for dinner, a movie, or other get-togethers.
- Delight in a partnership of planning a trip or fun event with a friend. Write down each detail so that the event will meet expectations for both of you.

## **Class Selection**

- When choosing classes, arrange them in a way that allows studying during the times that you are more productive. Be realistic.
- Give top priority to classes that you must take for graduation requirements or your major.
- Choose professors who structure their courses and have clear expectations.

## **Extracurricular Activities**

- Volunteer to be a timekeeper for an event. Your accuracy will be appreciated.
- 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.

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## **Academic Plan of Action:**
