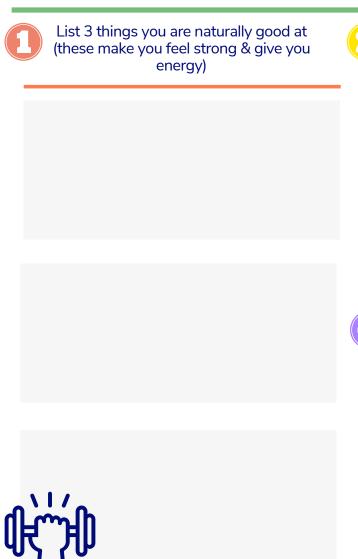


## UNDERSTANDING MY STRENGTHS



Directions: Notice how much of what you love to do oftentimes connect to things you are naturally good at? Let's explore your strengths.

- 1. Watch the "How to Find Your Strengths" video to learn more about the importance of your strengths.
- 2. Then, learn why it's important to invest in your strengths with the short clip "Invest in your strengths".
- 3. Get someone else's perspective by interviewing a family member or close friend. Ask them what they think you are really good at.
- 4. Work with a Paper tutor during a Live Help session to complete the graphic organzier while thinking through your strengths (click here for instructions on how to use Live Help).





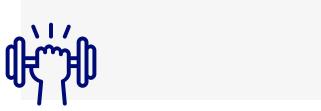
What knowledge of expertise do you feel you have? (what's something you feel you can teach someone how to do?)



Think about what you have done in the last week. Do you feel like you are spending more time in your areas of strengths or weaknesses?



Which personal characterisitcs are you most proud of?





Reflect: How can greater self-awareness of your strengths influence the decisions you make about the future? Write 1-3 paragraphs with your response and submit it to a Paper tutor to review using Essay Review (click here for instructions on how to use Essay Review)