

# Rocky Top Success Tips: CliftonStrengths

## Achiever

- Academics: Set at least one clearly defined goal for yourself at the beginning of the semester.
- Relationships: Work with professors on research projects or get involved in organizations.

## Activator

- Academics: Seek answers that you anticipate instructors will ask for on upcoming tests and quizzes.
- Relationships: Volunteer to chair group discussions, brainstorming sessions, or projects.

## Adaptability

- Academics: Live in the moment. Calm yourself before an exam with positive self-talk.
- Relationships: Encourage some people to turn to you when plans must be modified or cancelled.

## Analytical

- Academics: Examine data, collect facts, and read material for discussions before class.
- Relationships: Break down situations. How is the same information interpreted by someone else?

## Arranger

- Academics: Note assignments, tests, and appointments on a planner or app.
- Relationships: Create opportunities for classmates or friends to learn or teach something to each other.

## Belief

- Academics: Write a personal mission statement for yourself. Integrate your values and beliefs.
- Relationships: Share your thoughts, ideas, and events that you are most passionate about.

## Command

- Academics: Ask questions during conversations or discussions. Questioning leads to deeper learning.
- Relationships: Take the lead. Whether it's in a conversation, a project, or discussion.

## Communication

- Academics: Participate in class discussions. Don't be afraid to tap into your story-telling abilities.
- Relationships: Cheer up people with accounts of your own and others' humorous escapades.

## Competition

- Academics: Challenge yourself to outdo yourself on each new assignment, quiz, or exam.
- Relationships: Aim to know one thing about everyone in your circles to get to know them even better.

## Connectedness

- Academics: Search for connections between your course work and what you are being called to do.
- Relationships: Bridge the gaps in conversations. Tie loose ends if they are present.

## Consistency

- Academics: Review your syllabus and learn precisely how each element will factor into your final grade.
- Relationships: Share how important rules and commitments or agreements are to you.

## Context

- Academics: Create reference cards for things that you study and expand knowledge through reading.
- Relationships: Attend gatherings or reunions and reminisce about your past experiences.

## Deliberative

- **Academics:** When you receive a class syllabus, highlight the due dates of readings, assignments, papers, and tests.
- **Relationships:** Surround yourself with people who will allow you to think things through.

## Developer

- **Academics:** Motivate yourself by tutoring others to help someone else understand a topic or concept.
- **Relationships:** Support your friends to engage in developmental experiences, e.g. academic coaching or volunteering.

## Discipline

- **Academics:** Add structure to your learning. While you plan, don't forget to plan time to recharge.
- **Relationships:** Take the lead and organize a plan or series of events in group projects or with friends.

## Empathy

- **Academics:** When possible, write about people to engage your ability to pinpoint individual perspectives.
- **Relationships:** Let friends know that you realize what they are feeling and continue to encourage them.

## Focus

- **Academics:** When studying, know that you can concentrate and stay on track for long periods of time.
- **Relationships:** When noticing friends or project partners are wandering, point out the intended outcome.

## Futuristic

- **Academics:** Don't be afraid to bring in a new perspective and ask, "What if?" in conversations.
- **Relationships:** Talk about your goals and aspirations with friends, family, and professors.

## Harmony

- **Academics:** You thrive with consensus - when working on a project, don't be afraid to gather everyone's opinion.
- **Relationships:** You care about making sure everyone is heard. Play to your thoughtfulness and kindhearted nature.

## Ideation

- **Academics:** Your mind may wander when you are in flow. Keep your thoughts in line with the course content in mind.
- **Relationships:** Surround yourself in spaces and friends that are responsive listeners and challenge you with questions.

## Includer

- **Academics:** In projects or discussions, encourage classmates to participate, which adds to your learning.
- **Relationships:** Ask shy, quiet, or more introverted people if they have any thoughts.

## Individualization

- **Academics:** Note how your style of learning, studying, writing papers, and taking tests compares to others.
- **Relationships:** Help your friends and classmates see and appreciate the uniqueness in each other.

## Input

- **Academics:** Put sticky notes on areas you wish to go back and look at to make progress and stay on track.
- **Relationships:** Share your notes or information with friends, so they will continue to seek you out.

## Intellection

- **Academics:** Develop learning by asking questions and seeking answers during discussions or lectures.
- **Relationships:** Don't be afraid to join clubs that allow you to be a part of thought-provoking conversations.

## Learner

- Academics: Figure out questions that will be asked and practice answering them to prep for discussions and exams.
- Relationships: Have conversations with people, friends, or instructors on subjects you are passionate about.

## Maximizer

- Academics: Read wherever you feel most comfortable — the library, the coffee shop, or home.
- Relationships: Help friends recognize what they do well and encourage them to tap into their own strengths.

## Positivity

- Academics: Think of funny, silly ways to remember things. Memory techniques like ROYGBIV, remember?
- Relationships: You're quick to point out the good. Share your positivity with others and recognize their successes.

## Relator

- Academics: Seek out fellow students with whom you can play a mutual tutoring, learning assistance, and support role.
- Relationships: Don't be afraid to share your knowledge with others. Become a mentor or mentee to someone else.

## Responsibility

- Academics: Prepare for the term by listing the dates of all tests, projects, and papers.
- Relationships: Voice the importance of sticking to your words when making plans or working on a class project.

## Restorative

- Academics: Do not let a grade defeat your spirits. Learn from the consequence and make a change for the next round.
- Relationships: In return for helping your friends, you appreciate when those around you provide honest feedback.

## Self-Assurance

- Academics: Gain a clear understanding of what is expected of you as a student in a course.
- Relationships: Seek friendships that "stretch" your perspective and challenges your horizon.

## Significance

- Academics: You value learning the "why?" Make connections from goals you set to the outcomes you want in your courses.
- Relationships: You want people to know who you are. Befriend people in your classes by initiating conversations with them.

## Strategic

- Academics: Be creative in your studying. Make up games or develop mnemonic devices and anecdotes to relate information.
- Relationships: Encourage friends to call on you to devise the best way to achieve their goals.

## Woo

- Academics: Ask difficult questions because more than likely there is at least someone else with a similar thought.
- Relationships: You thrive in meeting and connecting with new people. Use your positive energy to bring others together.