

## **Strengths Finder Reflection**

After taking the Clifton Strengthsfinder assessment, my top 5 strengths were:

**Restorative, Responsibility, Strategic, Ideation, and Adaptability.** My number one strength was restorative. This “theme” encompasses people who are adept at dealing with problems; they are good at figuring out what is wrong and resolving it. The responsibility theme describes people who take ownership of what they say and do. Additionally, they are committed to stable values such as honesty and loyalty. Strategic people are talented at finding alternative ways to succeed, quickly spotting patterns and issues. The ideation theme includes people who are fascinated by ideas and are good at making connections between phenomena. Finally, the adaptability theme is pretty self explanatory; it includes people that take things one day at a time and are very flexible.

I feel like I learned a lot from this assessment. Reading the details of the results, there are not many surprises and I think these strengths suit me well. But, it put into words what I might not have been able to describe about myself. The “restorative” trait being my number one strength was somewhat intriguing though, I had never thought of that word to describe me, though the insights describe this as common for people who relentlessly analyze situations to discover the exact reasons they fell short of a goal, which I definitely do as someone who suffers from anxiety. Another interesting insight about this strength is “yearning to provide your loved ones with the finest things in life... When time and money must be reallocated, you often are the person who figures out how to do it.” This is accurate to a T. I'm good at coordinating and budgeting-type stuff, though I rarely do it myself as I enjoy spending my excess money on my friends and family, which I should probably do less since I have many of my own expenses! The

responsibility theme was probably the most obvious one for me, and it is one of the first words I would commonly use to describe myself. I have always had very strict morals and values that I live by, and I am always honest and loyal to a fault. I take pride in the work I do whether it's at my job (Target) or with schoolwork, or even unimportant tasks such as washing a car, I will always strive for 100%. Adaptability in particular was a theme I was happy to see in my strengthsfinder results! I try to be as flexible as possible whether its making plans or getting constantly called to help in different areas at my job (i.e. cashier, fill orders, stock shelves) I will sometimes have to drop what I am doing and go help in a more pressing task, and I am always happy to help. I know things come up in life and I try to do my best to adapt to the situation. The strategic theme was another that suits me very well. The insights on this one describe someone who listens and pays close attention to what is going on around them. As they accumulate lots of information and reflect on what they know, problems begin to reveal themselves, and solutions start to take shape. This very accurately describes how my mind works; I know a lot of really random things and it's because I ask so many questions (my family makes fun of me all the time for asking *why*). The best way to solve problems (in my opinion) is to understand as much as possible *how things work*.

I do not know what profession I hope to be in once I graduate, but I am hoping to attend grad school at Virginia Tech in the Environmental Engineering masters program. Attending this program will definitely require a fair amount of adaptability as I am going into an engineering program at one of the best engineering schools without an engineering bachelors. This means I will have to take some additional undergraduate courses once I get to Virginia Tech that are prerequisite to the engineering courses.

Furthermore, any job or career I could hope to be in, regardless, will require many of these traits. Employers are certainly going to want to hire someone who has a sense of personal responsibility in getting tasks done well, someone who is flexible enough to accomplish whatever is asked, and someone who can analyze issues and patterns and strategize to solve problems by finding new innovative ways of doing things.

Environmental science as well as engineering are fields that require a lot of cooperation with people, government, and companies that might not have the same goals as me.

For example, if I am working as a contractor or consultant to some company, as an environmentalist I am going to want to recommend top-of-the-line improvements and sustainable practices, while their goals are likely going to be staying on budget, sometimes wanting to simply go with the cheapest options.

Overall I think these insights give *me* valuable insight into what I am best at. I think this assessment will have been particularly useful for filling out job applications or attending job interviews. One of the questions potential employers will almost certainly ask is "*What are your greatest strengths?*" I can think back to this assessment and describe some unique, stand-out traits!