

Using Your Strengths to Achieve Success: Competition

You measure your progress against the performance of others. You strive to win first place and revel in contests. Your talent is valuable because you will influence and even push people in a group to achieve more than others. You bring energy to a group and can energize others to move to higher levels of excellence.

Applying to Academics

General Academic Life

- Regard grades as your scorecard. Invest more effort in classes where results of tests, papers, and projects are posted for all to see.
- Monitor your grade-point average by the week, month or academic term. Compare your class ranking to that of your closest rivals. Realize that striving for the highest GPA leads you to excel.
- Study your opponents—that is, your classmates. Identify each one's strengths. Evaluate their study strategies. Continually compare your results to theirs.

Study Techniques

- Seek out highly competitive people and study with them. Know that you will push each other to learn more, faster. Figure out how to manage the inevitable undercurrent of tension that will exist.
- Pit yourself against a fellow student to increase your chances of being the first person to finish the paper, text, or project.
- Establish measurable and meaningful academic goals. Use these to force yourself to reach the highest levels of productivity, mastery, or quality.

Relationships

- Intentionally surround yourself with competitive people.
- Aim to know something special about every person in the class by the end of the first month. Use these insights to your advantage when you vie against them.

Extracurricular Activities

- Try out for the debate or speech team. Audition for a play, first chair in a section of the orchestra, or a featured dancing role.
- Play competitive sports. Risk being a walk-on to win a spot on an athletic team.

Applying to Major/Career Path

- Talk to sales reps, politicians, lawyers, athletes, and business leaders about what they enjoy most in their work.



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Apply to Job Search

In the Job Search

- Your competition helps you find motivation in the job search, especially when applying to competitive positions. You are constantly striving to better yourself; you may consider the competition to be against yourself rather than other people.
- Search for careers that constantly challenge you and where your accomplishments are objectively measured. Keep in mind whether you prefer competition to be mainly with yourself or in a team setting since this may influence your job satisfaction.
- Tips: Form a group who are motivated by competition in the job search. Create weekly goals as a team. Create a ritual for weekly check-ins-how you compete against yourself (i.e. set a goal and once you accomplish it, increase the difficulty of the goal.)

In the Interview

- You can highlight how you will do everything to help the company profit. You can stimulate the people you work with to strive for a higher level. If you have a leadership, position, you are great as a team motivator.



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- In the job interviews you are great at promoting yourself to employers due to your competitive edge and preparation. You especially sell yourself when interviewers ask why they should hire you over another employee.
- Tips: When getting rejection from some employers, remember your ultimate goal and keep in mind that the game is not over yet.

Apply to Careers

In the New Position

- Your competition may be a threat to those who have been winning all of the company contests, or those who are not motivated by the same competitive spirit.
- Remember to take a back seat when appropriate to allow other members of your team to do their best as well. Make an effort to form connections with your colleagues so the atmosphere is more friendly competition instead of rivalry.