

Using Your Strengths to Achieve Success: Positivity

You have an enthusiasm that is contagious. You are upbeat and can get others excited about what they are going to do. Your talent is valuable because you have such a helpful influence on the attitudes, motivation, and productive behaviors of others. Groups and individuals are energized to move toward excellence.



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Applying to Academics

General Academic Life

- Help make learning fun.
- Share praise when appropriate.
- Help classmates laugh and relax when needed.
- Contribute to exciting class discussions.

Study Techniques

- Invite study partners who are as upbeat as you.
- Encourage others to enjoy their assignments.
- Think of fun, even silly, ways to remember things.
- Make learning fun for yourself and others by throwing study parties.

Relationships

- Express your positive attitudes about life to others.
- Transfer your energy into everything that you do.
- Let positive emotions reign, and avoid those who are guided by negative, destructive, and defeating attitudes and practices.

Extracurricular Activities

- Play or support team sports in which you can enjoy cheering others on.

Applying to Major/Career Path

- Choose a career in which you can help others be more effective. Interview coaches, teachers, sales reps, marketing executives, realtors, or managers and ask them what they like most about their work.

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Apply to Job Search

In the Job Search

- Your positivity helps you remain patient and face challenges with a affirmative attitude. Even in rejection, you see each opportunity as a learning experience and know you will find something that will work for you.
- Search for careers that allow you to work in a team and be in a friendly work environment. Any career that allows you to encourage others will be rewarding.
- Tips: Although the natural tendency is to search for positives in all job opportunities, make sure to stay grounded and realistic about whether a job actually matches your values, skills, and personality.
- Tips: Make sure to have a balance of realism and optimism during the job interview so that employers can know you can be serious when you need to be.

Apply to Careers

In the New Position

- Your positivity will help you adapt to your new job position and make connections with your co-workers and superiors. People will be drawn to your personality.
- Remember to focus your career energy on the tasks at hand. Visualize the best possible outcome for a project and work toward that goal. Let your positivity keep you adaptable to any problems you may encounter.

In the Interview

- You can highlight how your high-energy, upbeat outlook helps you motivate your peers. Give examples of how others look to you for support and advice.
- In the job interviews you are able to make the interviewers feel your positive spirit. The enthusiasm you bring to the interview comes across as confidence and authentic excitement for the job opportunity.