

Using Your Strengths to Achieve Success: Adaptability

You “go with the flow” and take things as they come, discovering the future one day at a time. Your talent is valuable as it keeps you moving forward when the unexpected happens even when others would give up. You deal with everything from injustices to crises, finding a way to make progress.



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Applying to Academics

General Academic Life

- Live in the moment. Calm yourself before an exam with positive self-talk. Recall your personal history of dealing with surprises on tests.
- Leverage your ability not to feel overwhelmed by multifaceted assignments. Document three to five instances during the day when you successfully juggled competing tasks.
- Challenge yourself by taking courses that involve experiments. Compare your flexibility to that of various classmates. Notice how you make adjustments to produce desired outcomes.

Study Techniques

- Choose study partners who are serious yet share your easy-going, relaxed work style. Avoid individuals who are tense and anxious. Make a list of potential study buddies.
- Look for irony, humor, and the unexpected in your studies. Stimulate your own and others' thinking by discussing the relevance of each discovery.

Relationships

- Surround yourself with individuals who, like you, pause to take in the world's loveliness as it appears. Identify people who automatically put aside what they are doing to watch a sunset, listen to rustling leaves, or enjoy the arts.

Extracurricular Activities

- Join organizations that sponsor events that demand flexibility in terms of planning as well as execution. Capitalize on your ability to monitor and adjust.
- Consider participating in extemporaneous speech tournaments or improvisational theater. Play to your ability to capitalize on each moment.

Applying to Major/Career Path

- Talk to people in the entertainment industry. Interview designers or producers and ask them to describe their work and the types of satisfaction they receive from it.

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Apply to Job Search

In the Job Search

- Your adaptability helps you benefit from happenstance since you are open to any potential opportunity and are comfortable with the unknown. Your flexibility helps you cope with the stress that comes from the job search.
- Search for careers that do not have rigid guidelines and procedures. Instead focus on careers that emphasize flexibility and have a variety of work, tasks, or responsibilities.
- Tips: Making schedules and keeping track of contracts may be boring for you, but find a way to make it more interesting because it is a vital part of the job search.
- Tips: Despite how you are skilled at living in the present, try to also discuss long-term goals and future plans, especially those involving the company that is interviewing you.

In the Interview

- You can highlight your ability to react and respond to various incidences and people. You are considered the “co-traveler of life” meaning you have an ability to go with the flow and can work through a number of work-related situations.
- In the job interviews you respond fluidly to any question the interviewer throws at you. You especially excel at ‘pressure’ questions that depend solely on quick, adaptable thinking. You often have a variety of experiences to draw upon when answering questions.



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Apply to Careers

In the New Position

- Your adaptability may unintentionally reflect a passive nature. Make an effort to show others you can accomplish tasks. Offer to help where you can and show off your “jack of all trades” abilities.
- Remember to speak up when the opportunity presents itself and your opinions are requested.