

Using Your Strengths to Achieve Success: Focus

You take a direction, follow through, and make the corrections necessary to stay on track. You prioritize, then act. Your talent is valuable because you can quickly evaluate, prioritize, and get yourself and groups on track quickly. It motivates you to be efficient. You get a lot done because you aren't easily distracted.

Applying to Academics

General Academic Life

- Use your focus to link class-related assignments to knowledge and self-management skills you'll need to be successful in your future career.
- Use your focus to help groups stay on track in classroom discussions or meetings.
- If you feel an assignment has no practical value to you, develop one that better fits your goals, and request permission from your professor to use it. Explain the potential benefits.

Study Techniques

- Before studying, list everything you'll attempt to learn during that time period.
- Before writing a paper, outline the main points you plan to address.
- Although you can concentrate for long periods of time, regulate yourself to avoid working to exhaustion.

Relationships

- Talk to two or three experienced people you admire. Determine some specific strengths they possess, and ask them about their greatest talents and the knowledge and skills they acquired through the years to create these strengths.
- Choose to associate with successful people. Ask what they focused on to become successful.

Extracurricular Activities

- To build on your Focus talents and not "spread yourself too thin," be selective in the range of activities you are involved in.

Applying to Major/Career Path

- You might be most satisfied in roles that have identifiable goals, purposes, and objectives, and that provide opportunities to meet your own longer-term goals.



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Apply to Job Search

In the Job Search

- Your focus helps you identify your career goals and break them down into short-term goals. You will feel more in control if you refer to them often. You are good at achieving each step and working toward your career objectives.
- Search for careers that have clear expectations and few distractions in your work environment. You work best when you can tackle ongoing projects or assignments with a clear-cut purpose and deadline.
- Tips: Outline all the tasks you have to accomplish in your job search, prioritize them and take action based on the priority.

In the Interview

- You can highlight that you accomplish things efficiently. You need little supervision since you can stay on track and are not easily distracted.
- In the job interviews you excel at describing your long-term goals and the steps you will take to get there. Draw from your experience with staying motivated to accomplish complex tasks to demonstrate your follow through.



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- Tips: Be careful to see the overall type of job you want rather than getting caught up in specifics of only one job.

Apply to Careers

In the New Position

- Your focus will shine as you begin to accomplish new tasks; however, be careful to work as a team or delegate tasks when applicable.
- Remember to not stay so focused on one task that you alienate your co-workers. Take breaks and socialize every once in a while, even if this sometimes takes away from your valuable productivity time. It is worth it so you get to know your work environment and colleagues better.