INVEST IN YOUR TALENTS to turn them into STRENGTHS

AND AFFIRM YOUR NATURALLY RECURRING PATTERNS OF THOUGHT, FEELING, & BEHAVIOR THAT YOU CAN PRODUCTIVELY APPLY TO YOUR LIFE, INCLUDING ACADEMICS, RELATIONSHIPS, & CAREERS.

NAME IT!

CLAIM IT!

AIM IT!

FIND YOUR TOP 5

StrengthsQuest

For more complete information about StrengthsQuest, visit www.strengthsquest.com/home.aspx
To learn how to implement your strengths, visit our website and click on “Using Your Strengths.”

ACHIEVER
ACTIVATOR
ADAPTABILITY
ANALYTICAL
ARRANGER
BELIEF
COMMAND
COMMUNICATION
COMPETITION
CONNECTEDNESS
CONSISTENCY

CONTEXT
DELIBERATIVE
DEVELOPER
DISCIPLINE
EMPATHY
FOCUS
FUTURISTIC
HARMONY
IDEOLOGY
INCLUSION
INDIVIDUALIZATION
INPUT

INTELLECT
LEARNER
MAXIMIZER
POSITIVITY
RELATOR
RESPONSIBILITY
RESTORATIVE
SELF-ASSURANCE
SIGNIFICANCE
STRATEGIC
WOO

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**FRESHMAN YEAR**

**EXPLORE**
- Determine your naturally recurring patterns of thoughts, feelings, and behaviors by discovering your talents.

**SOPHOMORE YEAR**

**PREPARE**
- Enroll in classes that fit both liberal education and potential majors to acquire knowledge.
- Maintain a good GPA.
- Register with Connect2Careers to seek part-time employment.

**JUNIOR YEAR**

**TARGET**
- Upload your resume into Connect2Careers.
- Use job search tools to research potential employment.
- Take a leadership role in a club or organization.

**SENIOR YEAR**

**LAUNCH**
- Market your strengths and launch a successful job search campaign.
- Schedule an appointment with a Career Service's Coach.
- Visit Resumes on the Run & have your resume critiqued.

**EXPLORE CAREERS AND MAJORS WITH:**
- Advising Success Center
- Career Services
- College Catalog
- Faculty / Staff / Advisors / Parents

**SET UP A CAREER COACHING APPOINTMENT TO HELP CHOOSE A MAJOR**

**ATTEND CAREER EVENTS**
- Strengths Week Events:
  - Advice For a Slice
  - Get the Scoop on Your Strengths
- Major and Career Expo

**GET INVOLVED WITH COMMUNITY AND ON-CAMPUS CLUBS AND ORGANIZATIONS**
- Register for BeaverLink on the MyBSU webpage
- Download the Corq app

**COMPLETE FOCUS ASSESSMENT**
- Log into MyBSU
- Click on FOCUS in the drop down menu located in the upper left-hand corner
- Take the self-assessments
- More assessments available under Career Exploration including Strengths Quest
- Make an appointment with a Career Coach to go over your results

**RESEARCH OPTIONS AND PREPARATION**
- Asking Questions and Exploring Your Options

**MAKING DECISIONS AND PLOTTING DIRECTIONS**
- Building work experience by targeting internships and related work experience.

**SEARCHING, INTERVIEWING, ACCEPTING AND SUCCESS!**
- Update your resume and cover letter
- Research potential employers and develop a prospective employer list through:
  - Connect2Careers
  - www.indeed.com
  - www.mnworks.net

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**EXAMINE CAREERS AND MAJORS WITH:**
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**CAREER PLANNING**
- If still undecided about your Major, make an appointment with a Career Coach soon

**ENROLL IN CAREER AND INTERNSHIP DEVELOPMENT CLASS**
- Maintain a good GPA

**CONSIDER GRADUATE SCHOOL AND BEGIN THE APPLICATION PROCESS**
- Attend Grad Prep for Seniors
- Attend Road to Grad School Workshop

**TAKE GRADUATE SCHOOL ENTRANCE EXAMS AND COMPLETE THE APPLICATION PROCESS**
- Attend Grad Prep for Seniors
- Report your job status to the Career Service's Office