**UNIV 100 K01 Spring 2023**

Apply Your Strength

Write a short essay based on the following questions. Be sure to have in front of you both your personalized lists of strengths and the [full list of Clifton strengths](file:///Users/robertmatz/Downloads/CliftonStrengthsQuickReferenceCard-1.pdf). **Note**: Do not answer the questions one-by-one in separate, number points. Instead, write a well-formed essay based on these questions.

Your essay should be around 500 words (more than a page, fewer than two pages).

1. What was your first reaction to the Clifton StrengthsFinder results?
2. Were your top five strengths a surprise to you, or what you would have expected? Why? Provide examples from your own experience that either confirm your top strengths or point to other strengths in the Clifton StrenghtsFinder (see the StrengthsFinder list of strengths) that did not come to the top.
3. Which of the Clifton StrenghtsFinder strengths do you think to be **most true** about yourself, whether or not it was in the top five?
4. Describe how that strength can help you excel in college.
5. What’s a strength that did not come out so high that you think would be useful to develop during your time at Mason?
6. Why would this strength be useful, and how could you develop it?