

Self Reflection

Based on the results from all four surveys, I already demonstrate strong study habits and a solid foundation as a student. My learning style profile shows that I am primarily a visual learner (40%), with equal strengths in auditory and tactile learning (30% each). This means I retain information most effectively through reading, visual aids, and seeing concepts in action. While I already apply good study habits, there is always room to improve. The surveys confirmed that I learn and remember best when actively engaging with material, especially through recall-based learning. This means speaking concepts out loud, teaching them to someone else, or having them read back to me so I can process and respond. I've noticed that this approach helps me understand and remember complex ideas far more effectively than passive reading alone.



Students ▾

Parents

Counselors Forms

About Us

Contact Us



Home

Students

Self-Assessments

Which Study Habits Can You Improve?

Which Study Habits Can You Improve? The Results

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Great Job!

Based on your responses, your study habits are already very good.

You already have great study skills, so any improvement will only lead to more success. Want to aim for the best study habits possible? The goal would be for all of your responses to be **Already Do**.

[START OVER](#)

Students

- Career Planning
- Preparing for School
- Paying for School
- Self-Assessments
- MySmartBorrowing

Parents

- Your Child & Money
- Understanding ACT & SAT Scores
- Saving for Your Child's Future
- Skyrocketing College Costs
- You & the FAFSA®
- Scholarship Search Tips

Counselors

- ASCA National Standards
- Classroom Activity
- Setting up a Job Shadowing Program
- Hosting a Federal Aid Event
- Forms

How Strong is Your Character?

The Results

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Below are the positive character traits that you indicated you have now or would like to have.

Think about

why each character trait is important and learn some ways to build a stronger character.

Caring and Compassionate

If you are caring and compassionate, you are concerned about people and the world, and you want to help.

Questions to Think About

- Do I care about strangers as much as I do my family and friends?
- How do I react to the people in my life who want me to do well?
- In what situations have I shown compassion?

Ways to Become Caring and Compassionate

- Help people in need.
- Treat people kindly.
- Be sensitive to other people's feelings.

Example Careers for Someone Caring and Compassionate

- Counselor
- Elder care provider
- Nurse

Communicative

If you are communicative, you find it easy to talk to and listen to others.

Questions to Think About

- What are some of the ways people share information with me?

1 of 10 8/13/25, 9:55 AM How Strong is Your Character? - EducationPlanner

<https://www.educationplanner.org/students/self-assessments/character>

- What are some of the ways I share information with others?
- How will improving my communication skills help me get ahead?

Ways to Become Communicative

- Make eye contact.
- Be aware of your body language when talking to others.
- Realize that listening is as important as speaking.

Example Careers for Someone Communicative

- Journalist
- Public relations specialist
- Teacher

Confident

If you are confident, you have belief in yourself and your abilities.

Questions to Think About

- In what areas of my life am I very confident?
- Are there any areas of my life where I lack confidence?
- How can I feel more confident in myself?

Ways to Become Confident

- Make a list of special skills or talents you have.
- Dismiss any self-doubt.
- Speak up for yourself.

Example Careers for Someone Confident

- Lawyer
- Salesperson
- Sports agent

Cooperative or a Team Player

If you are cooperative or a team player, you are willing to work with others to achieve a common goal.

Questions to Think About

- What are some ways I have cooperated with my teachers?
- Are there ways I can cooperate more with my parents?
- How can I improve my ability to cooperate?

Ways to Become Cooperative or a Team Player

2 of 10 8/13/25, 9:55 AM How Strong is Your Character? - EducationPlanner

<https://www.educationplanner.org/students/self-assessments/character>

- Have an open mind when opinions differ from yours.
- Focus on ideas rather than on personalities.
- Keep your eye on the goal, regardless of the path the team takes to get there.

Example Careers for Someone Cooperative or a Team Player

- International relations expert
- Government official
- Mediator

Courageous

If you are courageous, you can face and overcome your fears.

Questions to Think About

- Why is it important I have courage when facing new challenges?
- Have I ever had to be courageous?
- How can courage help me achieve my goals?

Ways to Become Courageous

- Tell the truth.
- Try to do something you have never done before (such as a new sport).
- Stand up for something that you believe is right.

Example Careers for Someone Courageous

- Firefighter
- Pilot
- Police officer

Courteous and Polite

If you are courteous, you show respect and consideration for others.

Questions to Think About

- Who around me treats me with courtesy?
- In what ways am I courteous?
- In what ways can I be more courteous?

Ways to Become Courteous and Polite

- Show the same respect to friends and family that you show to strangers and the elderly.
- Try handwriting a good old-fashioned thank you note.
- Listen to people when they are speaking.

Example Careers for Someone Courteous and Polite

3 of 10 8/13/25, 9:55 AM How Strong is Your Character? - EducationPlanner

<https://www.educationplanner.org/students/self-assessments/character>

- Customer service provider
- Hotel manager
- Waiter or waitress

Dependable and Reliable

If you are dependable and reliable, people can count on you.

Questions to Think About

- Do I follow through on my promises?
- How does it make others feel when I do what I say I am going to do?
- Have I ever let anyone down? How?

Ways to Become Dependable and Reliable

- Be punctual.
- Plan ahead so you are always prepared.
- When you give your word that you will do something, do it.

Example Careers for Someone Dependable and Reliable

- Emergency dispatcher
- Financial adviser
- Weatherman

Disciplined

If you are disciplined, you have self-control of your actions.

Questions to Think About

- Is practicing discipline difficult or easy for me?
- Should I make more of an effort to be disciplined?
- Do others think I am disciplined?

Ways to Become Disciplined

- Do the hardest step first.
- Document your actions to identify your strengths and weaknesses.
- Be patient. Good things come to those who wait.

Example Careers for Someone Disciplined

- Freelancer
- Musician
- Real estate agent

4 of 10 8/13/25, 9:55 AM How Strong is Your Character? - EducationPlanner

<https://www.educationplanner.org/students/self-assessments/character>

Generous

If you are generous, you enjoy giving to others.

Questions to Think About

- What are some things I can give?
- What's the last generous thing I did?
- How have I benefited from the generosity of others?

Ways to Become Generous

- Think of some ways you can help the people you know and follow through.
- If your life lacks wealth, you can still give time or some other gift from the heart.
- Start small. Being generous can be as simple as giving a smile to someone who needs it.

Example Careers for Someone Generous

- Estate planner
- Pastor
- Social worker

Humble

If you are humble, you are confident but know you have more to learn.

Questions to Think About

- In what ways can I learn and grow?
- Where do I draw the line between confidence and overconfidence?
- Have I ever been overconfident?

Ways to Become Humble

- Recognize that everyone has strengths and weaknesses, including you.
- Appreciate how others have contributed to your successes.
- Be objective and don't make comparisons. (Use "good" or "bad," not "better" or "worse.")

Example Careers for Someone Humble

- Customer service representative
- Personal assistant
- Politician

Kind and Considerate

If you are kind and considerate, you are nice to those around you.

5 of 10 8/13/25, 9:55 AM How Strong is Your Character? - EducationPlanner

<https://www.educationplanner.org/students/self-assessments/character>

Questions to Ask Yourself

- Who are some of the kindest people I know?
- Do I treat others the way I want to be treated?
- How do I get people to treat me with kindness?

Ways to Become Kind and Considerate

- Being kind is not motivated by self-interest.
- Love people for who they are—both positive and negative.
- Be available. Make time in your life to spend with others.

Example Careers for Someone Kind and Considerate

- Funeral director
- Tour guide
- Veterinarian

Loyal

If you are loyal, you will stand by someone or something even when times get tough.

Questions to Ask Yourself

- Do I value loyalty?
- Of my friends, whom do I consider most loyal?
- Has anyone ever questioned my loyalty?

Ways to Become Loyal

- Loyalty may sometimes require you to put yourself second.
- Loyalty does not mean you have to compromise your beliefs or principles.
- Appreciate and reward loyalty in others.

Example Careers for Someone Loyal

- Administrative assistant
- Assistant coach
- Spokesperson

Motivated

If you are motivated, you act without being reminded or prompted.

Questions to Ask Yourself

- What kinds of things motivate me?
- Do I consider motivation a positive character trait?
- In what areas of my life am I not motivated at all?

6 of 10 8/13/25, 9:55 AM How Strong is Your Character? - EducationPlanner

<https://www.educationplanner.org/students/self-assessments/character>

Ways to Become Motivated

- Like the adage says, "One step leads to another." Just take one step.
- Surround yourself with motivated people.
- Stuck in a rut? Switch up your routine.

Example Careers for Someone Motivated

- Agent
- Entrepreneur
- Marketing executive

Optimistic

If you are optimistic, you have a positive outlook and think things will turn out well.

Questions to Ask Yourself

- Do people turn to me when they are down?
- Do I see the glass as half full or half empty?
- Why is it good for me to be optimistic?

Ways to Become Optimistic

- Hang out with optimistic people.
- Believe in your abilities.
- Don't "catastrophize" problems that are not catastrophes.

Example Careers for Someone Optimistic

- Advertising executive
- Archeologist
- Nutritionist

Patient

If you are patient, you can wait without whining or complaining.

Questions to Ask Yourself

- Do I know more people who are patient or more who are impatient?
- Do I find it difficult to be patient?
- How do I show when I'm impatient?

Ways to Become Patient

- Practice. Patience takes a long time to develop.
- Take a moment and breathe.
- Stay focused on the goal.

7 of 10 8/13/25, 9:55 AM How Strong is Your Character? - EducationPlanner

<https://www.educationplanner.org/students/self-assessments/character>

Example Careers for Someone Patient

- Electrician
- Landscaper
- Truck driver

Responsible

If you are responsible, you take control of your actions and your obligations.

Questions to Ask Yourself

- Do I accept responsibility for my actions?
- In what ways do I need to be more responsible?
- Do I think it's ever okay to point the finger at others?

Ways to Become Responsible

- Don't make excuses. Take ownership.
- Don't agree to do more than you think you can handle.
- Be punctual and have follow-through.

Example Careers for Someone Responsible

- Accountant
- Data security officer
- Paramedic

Sincere

If you are sincere, you speak or act "from the heart" and really mean it.

Questions to Ask Yourself

- Am I always my authentic self, or am I sometimes "fake"?
- Do others think of me as sincere?
- How do I show people I am sincere?

Ways to Become Sincere

- Don't do it or say it unless you believe it.
- Behave the same way around everyone.
- Don't look to others to validate your self-worth.

Example Careers for Someone Sincere

- Conservationist
- Social worker
- Therapist

8 of 10 8/13/25, 9:55 AM How Strong is Your Character? - EducationPlanner

<https://www.educationplanner.org/students/self-assessments/character>

Trustworthy

If you are trustworthy, others know they can confide in you.

Questions to Ask Yourself

- Who is the most trustworthy person in my life?
- In what ways do I show I am trustworthy?
- How will being trustworthy help me succeed?

Ways to Become Trustworthy

- Don't gossip.
- Don't over-promise on your skills or capabilities.
- Remember, once you lose trust, it is very difficult to regain.

Example Careers for Someone Trustworthy

- Accountant
- Health care provider
- Pastor

START OVER

Students

Parents
Counselors
Career Planning
Preparing for School
Paying for School
Self-Assessments
MySmartBorrowing
Your Child & Money
Understanding ACT & SAT Scores
Saving for Your Child's Future
Skyrocketing College Costs
You & the FAFSA

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Scholarship Search Tips
ASCA National Standards
Classroom Activity
Setting up a Job Shadowing
Program
Hosting a Federal Aid Event
Forms

9 of 10 8/13/25, 9:55 AM How Strong is Your Character? - EducationPlanner

<https://www.educationplanner.org/students/self-assessments/character>

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Students ▾

Parents

Counselors Forms

About
UsContact
Us[Home](#)[Students](#)[Self-Assessments](#)[What's Your Learning Style?](#)

What's Your Learning Style? The Results

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[Print Results](#)

Your Scores:

- **Auditory:** 30%
- **Tactile:** 30%
- **Visual:** 40%

You are a **Visual** learner! Check out the information below, or [view all of the learning styles](#).

Visual

As a visual learner you grasp information through reading or visual aids and remember by sight. You prefer visual learning methods and are neat and clean. Visualizing concepts is natural for you, and you might close your eyes for recall. When bored, you seek visual stimuli but may struggle with spoken directions and get distracted by sounds. Richly visual content, including colorful imagery and vivid stories, attracts your attention.

Here are some things that visual learners like you can do to learn better:

- Sit near the front of the classroom. (It won't mean you're the teacher's pet!)
- Have your eyesight checked on a regular basis.
- Use flashcards to learn new words.
- Try to visualize things that you hear or things that are read to you.
- Write down key words, ideas, or instructions.
- Draw pictures to help explain new concepts and then explain the pictures.
- Color code things.
- Avoid distractions during study times.

Remember that you need to **see** things, not just hear things, to learn well.



Students ▾

Parents

Counselors Forms

About Us

Contact Us



Home Students Self-Assessments **What Kind of Student Are You?**

What Kind of Student Are You? The Results

Lyndee

[Print Results](#)

You are a very good student.

Keep up the good work!

Good Study Habits + Good Grades + Good Career Options = Good Life!

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- Preparing for School
- Paying for School
- Self-Assessments
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- Your Child & Money
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- Skyrocketing College Costs
- You & the FAFSA®
- Scholarship Search Tips

Counselors

- ASCA National Standards
- Classroom Activity
- Setting up a Job Shadowing Program
- Hosting a Federal Aid Event
- Forms

