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**Paragraph**

My self-assessments concluded that I am a very good student that is a tactile and visual learner. It also indicated that my study habits are already very good, however, I believe I can improve them by focusing on the topics I struggle with more. Therefore, I will focus more on my struggle areas by implementing my visual and tactile learning style by using color coded flashcards with these harder topics on them. This will overall improve my character trait of being humble because I am recognizing a weakness of mine and trying to improve it.

## Surveys

- What Kind of Student Are You?

You are a very good student.

Keep up the good work!

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

## ● What's Your Learning Style?

Your Scores:

- Auditory: 30%
- Tactile: 35%
- Visual: 35%

You are a Tactile and Visual learner! Check out the information below, or view all of the learning styles.

### Tactile

Tactile learners prefer hands-on activities, physical movement, and learning through touch. You excel when engaged in active, dynamic learning experiences, often requiring breaks, and may find it challenging to sit still.

As a tactile learner, you enjoy hands-on activities such as dismantling and assembling things. When you are bored, you tend to tinker or move around. Your good coordination and athletic ability stand out. While you easily recall actions, visual or auditory information might be challenging. Touch is your preferred communication style, and you appreciate physical forms of encouragement, like a pat on the back.

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

- Participate in activities that involve touching, building, moving, or drawing.
- Do lots of hands-on activities like completing art projects, taking walks, or acting out stories.
- It's okay to chew gum, walk around, or rock in a chair while reading or studying.
- Use flashcards and arrange them in groups to show relationships between ideas.
- Trace words with your finger to learn spelling (finger spelling).
- Take frequent breaks during reading or studying periods (frequent, but not long).
- It's okay to tap a pencil, shake your foot, or hold on to something while learning.

- Use a computer to reinforce learning through the sense of touch.

Remember that you learn best by doing, not just by reading, seeing, or hearing.

### 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.

- Which Study Habits Can You Improve?

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.

- **How Strong is Your Character?**

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.

### **Assertive or a Leader**

If you are assertive or a leader, you like to take charge and set an example for others.

#### Questions to Think About

- What qualities do I need to be a good leader?
- How can I be assertive without being bossy?
- In what ways can I be more assertive?

#### Ways to Become Assertive or a Leader

- Leadership requires good work habits and a strong character.
- Always speak calmly and clearly.
- Be open to ideas other than yours if they help you achieve your goal.

#### Example Careers for Someone Assertive or a Leader

- Business manager
- Coach
- Labor relations specialist

### **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?
- 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

### **Community Focused**

If you are community focused, you enjoy giving back to your community, such as the town you live in or the school you go to.

#### Questions to Think About

- What are some ways I can give back to my town?
- What are some ways I can give back to my school?
- Do I like the direction in which my town or school is headed?

#### Ways to Become Community Focused

- Participate in your local elections and, when you turn 18, be sure to vote.
- Look into volunteer activities in your town or at your school.
- Get to know the names of your neighbors and classmates.

#### Example Careers for Someone Community Focused

- Environmentalist
- Ethics officer
- Politician

### **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

- 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

- Customer service provider
- Hotel manager
- Waiter or waitress

### **Creative**

If you are creative, you like coming up with new ideas and new ways to do things.

### Questions to Think About

- Do I know any creative people? Who?
- In what areas of my life am I most creative?
- Is there anything I do daily that I can try doing in a different way?

### Ways to Become Creative

- Try to think of more than one solution to a problem.
- Dedicate a set amount of time each day for creative endeavors.
- Try something new and don't focus on the result.

### Example Careers for Someone Creative

- Architect

- Designer
- Photographer

## **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

## **Diligent**

If you are diligent, you will stick to a task until you complete or master it.

### Questions to Think About

- Have I ever had to practice getting good at something?
- How will diligence help me succeed in life?
- In what areas of my life do I lack diligence?

## Ways to Become Diligent

- Practice, practice, practice.
- Limit distractions and focus on the task at hand.
- Set small goals on your path to a larger achievement.

## Example Careers for Someone Diligent

- Accountant
- Computer programmer
- Research analyst

## **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

## **Enthusiastic**

If you are enthusiastic, you are interested in and care about what you are doing.

### Questions to Think About

- What am I enthusiastic about?
- How do I show my enthusiasm?
- How can enthusiasm help me achieve my long-term goals?

### Ways to Become Enthusiastic

- Make sure you always have an activity to look forward to.
- Surround yourself with enthusiastic people. (It's contagious!)
- Appreciate everything you have.

### Example Careers for Someone Enthusiastic

- Motivational speaker
- Personal trainer
- Physical therapist

## **Focused**

If you are focused, you can pay attention and avoid distractions.

### Questions to Think About

- Is it easy or hard for me to focus on the task at hand?
- What kind of things cause me to lose focus?
- How will being focused help me in life?

### Ways to Become Focused

- Plan ahead, so you know what you need to do and when you need to do it.
- Turn off the distractions when you need to get something done.
- Try meditation.

#### Example Careers for Someone Focused

- Editor
- Surgeon
- Web developer

### **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

### **Honest**

If you are honest, you tell the truth—every day of your life.

### Questions to Think About

- Am I an honest person?
- Do other people consider me honest?
- Under what circumstances do I lie or distort the truth?

### Ways to Become Honest

- No lying. No cheating. No stealing.
- If your honesty may hurt someone's feelings, be sure to speak with kindness.
- Being honest does not mean you need to bare your soul. It's okay to maintain privacy.

### Example Careers for Someone Honest

- Bank manager
- Child care provider
- District attorney

## **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.

#### 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?

## 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

## **Observant**

If you are observant, you know what's going on around you.

## Questions to Ask Yourself

- How aware am I of things happening around me?
- Are there certain things that I am more in tune with than others?
- Do I think it's important to be observant?

## Ways to Become Observant

- Start paying attention and taking mental notes.
- Look around you, not just straight ahead.
- Use all five senses—sight, hearing, taste, smell, touch.

## Example Careers for Someone Observant

- Crime scene investigator
- Photographer
- Stockbroker

## **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.

### Example Careers for Someone Patient

- Electrician
- Landscaper
- Truck driver

## **Resourceful**

If you are resourceful, you can find a way to get things done even when facing obstacles.

### Questions to Ask Yourself

- Do I think it's important to be resourceful?
- In what situations have I had to be resourceful?
- Are any of my friends resourceful people?

### Ways to Become Resourceful

- Pinpoint the specific problem, not just the result of the problem.
- Try working through the problem backwards. Identify your goal first.
- Trial and error are sometimes the best approach.

### Example Careers for Someone Resourceful

- Engineer
- Salesperson
- Writer

## **Respectful**

If you are respectful, you have regard for other people's feelings or possessions.

### Questions to Ask Yourself

- Do I have respect for others?
- How do I show respect?

- Under what circumstances am I disrespectful?

### Ways to Become Respectful

- Ask permission when using anything that does not belong to you.
- Speak with intention.
- Be courteous and polite.

### Example Careers for Someone Respectful

- Housekeeper
- Relocation specialist
- Therapist

## **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

## **Tolerant**

If you are tolerant, you accept values, practices, or beliefs that differ from your own.

### Questions to Ask Yourself

- Would I like to explore the world and meet new people?
- Do I accept people from different backgrounds?
- How do I handle myself when I am the "odd man out" in a group?

## Ways to Become Tolerant

- Embrace the differences in others.
- Try to make people around you feel comfortable.
- Don't participate in personal attacks.

## Example Careers for Someone Tolerant

- Child care provider
- Counselor
- Physician

## **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