

## Applying Self-Assurance Talents in Academics

*These insights and action ideas can help you apply Self-Assurance talents to achieve in various aspects of your academic life.*

### General Academic Life

- Ensure that you are completely in control of your grades. Gain a clear understanding of what is expected and how meet those expectations.
- Always strive to become a better student. Stick with what is working for you and continue to build on your most powerful talents.
- Be confident in your abilities to understand and learn material.
- Register for classes that excite you.

### Study Techniques

- Overstudy. Do more than you need to do.
- Have confidence in your best ways to learn.
- Study your greatest talents, and recognize the many ways in which you can achieve through them.
- Enjoy the risks you take in your approach to studying.

### Relationships

- Get to know your professors and teaching assistants. This approach will help you stay in control of your learning.
- Build a potentially lifetime friendship with an instructor.
- Seek people who appreciate your self-confidence.

### Class Selection

- Choose classes that you will find challenging and intriguing.
- Select classes that play to your strengths and greatest talents.
- Choose classes in which you can achieve major successes.

### Extracurricular Activities

- Seek a leadership position in an organization that addresses issues important to you. You know you can make an important difference in these areas.
- Join clubs that will "stretch" your talents and your horizons. Dare to tackle the unfamiliar.
- Consider a semester abroad. Your Self-Assurance talents will help you maneuver through a culture that is quite different from your own.