

## “What Are Your Strengths?”

Imagine that an employer asks you what your strengths are. You could merely rattle off a list of three to five adjectives. However, it would be better to state a couple traits and qualify them with examples.

Think of 3 of your strengths. Give an example of a time when you displayed that trait or explain why you think that describes you. Tip: give concrete examples by describing the circumstances and specifying the results.

Email your instructor your 3 strengths, each with a concrete example, or submit through the following survey link. [www.surveymonkey.com/r/gesestrengths](http://www.surveymonkey.com/r/gesestrengths)

### *Example:*

Tell me about a strength you possess?

**Incorrect:** I believe that I am a good leader.

**Correct:** I believe that I am a good leader. Last year I coordinated an MS Walk at my school. I spoke to the student body and called people who expressed an interest. I organized fund raising activities, and we were able to raise \$1,000 to support the local MS organization.

Your examples could come from your personal life, school experiences, or work experiences.