

# Identifying My Strengths

List strengths in each of the following categories and then think about how your different strengths can help you succeed and thrive in college.

Social (ability to relate to others, ability to maintain relationships)

Academic (ability in writing, math, computing, or another area)

Athletic (skill as team player, talents as an individual position, club or recreational exercise)

Artistic (skill in drawing, singing, music, painting)

Mechanical (ability to build or construct, concrete vs abstract thinking skills)

Cultural/Spiritual (knowledge and practices)

Where at Widener will I go to seek out additional connections to the above areas?