

How Can Alicia use her Personality Strengths for a College Degree?

Personality Strength	Her Rank in the US Population	How I can intentionally apply my personality strengths to decide which college degree to get
1. Theoretical Value	96%	I examine all options and select the best ones.
2. Achievement	95%	I give my best no matter what job I have.
3. Social Value	91%	I am kind, sympathetic and unselfish.
4. Autonomy	90%	I use this ability to run a project by myself.
5. Tendency to Read Feelings	83%	I love to help a customer find a dress that she just loves – and feels great in. That is so much fun!
6. Ability to Ask for Help	81%	I respect what people know, I ask for their help, and they want to give it to me.
7. Feelings of Guilt	80%	If I do something wrong, I feel bad and change what I do.
8. Feelings of Inferiority	80%	I have been battling this. As I get a degree and prove myself in the world this will drop.
9. Economic Value	75%	Money gets me what I need, but it is not my highest value.
10. Endurance	75%	When I get tired, I remember that I have this ability.
11. Sexuality	75%	I can work with men as well as with women.
12. Thoughtfulness /Reflectiveness	65%	I think a subject through carefully before I make a decision.
13. Aggression	55%	I can defend my decisions and speak out if necessary.
14. Social Boldness	55%	I meet people easily.
15. Nurturance	50%	I combine this with 3. and 5. to create a caring climate.
16. Restraint/Seriousness	50%	I can be careful in deciding what to major in.
17. Aesthetic Value (Harmony)	40%	I need to find which college degree to get rather than focus on creating beautiful art or getting along.
18. Exhibition	35%	I let others have the spotlight when they want it.
19. Traditional Female View	35%	I do not let the fact that I am female hold me back from going for promotions.
20. Cooperativeness	30%	My primary responsibility is to get through college.
21. General Activity/Energy	30%	Do I wear myself out by working too hard and too many hours?
22. Optimism	30%	Right now going to college without much money looks like an uphill challenge, but I'll figure it out.
23. Political Value	30%	I will not be tempted to run for public office.
24. Religious Value	25%	I am working too hard to think much about this right now.

25. Friendliness/Agreeableness	20%	I need to decide on a degree plan – not be friendly/agreeable.
26. Objectivity	20%	My feelings (not facts) tell me what works for me. This is a good combination with 1.
27. Social Interest	20%	Hah – I don't have much time to socialize.
28. Change	16%	What I am doing is working.
29. Order	16%	This is low on my choice of coping strategies because I do it automatically.
30. Deference	12%	Hm. Perhaps I am going to have to consider other's opinions more.
31. Dominance	12%	How I lead: I think of the best plan (99%), set high goals (98%), read other's feelings (84%), and delegate authority. Then I get out of other people's way. That works with the ladies I supervise now.
32. Affiliation	3%	I don't have time to join groups, anyway.

Blue = Coping Strategies	Green = Temperament Assets	Red = Value
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