

# *"My Strengths, Passions, & Values"*

Dear AUC Senior Class,

Colleges and university admissions officers are looking to fill their freshmen classes with students who not only can tackle challenging academic work with success and enthusiasm, but who will contribute with commitment, creativity, and fruitfulness to the myriad of social, cultural, athletic, artistic, intellectual, innovative, influencing activities, entrepreneurial projects, student organizations, research investigations, community service, immersive internship, novel initiatives taking place every week on and off their campuses. They will carefully assess therefore not only your academic high school record and your resume of achievements and involvements, but also your talents, passions, core values, and character and personality traits to determine if you are the best fit for their environment and goals.

Your assignment at the start of this past week was to authentically reflect on who you are and to identify those 5-10 core authentic individual character/personality strengths, values, talents, and interests you, and those around you, who know you well, see in you. You were asked to interview not only yourself, but also those who know you best and in different contexts. Finally, you were to then tasked with creating an itemized list of the most genuine and best aspects of YOU according to you, ranking them by starting with the item that is MOST central, all-consuming, and of importance to you, this list, from here on out, guiding your all college application writing decisions as we have been discussing extensively in our ongoing AUC College Essay Writing Workshop.

Remember...

- Core values refer to those fundamental beliefs and ideals that guide your behavior and thoughts.
- Character traits describe your private, internal compass and assets of your personal behavior.
- Personality traits describe the public, external behaviors others experience when interacting with you.
- Talents are those gifts, skills, and strengths that better help you reach new milestones when pursuing certain activities or tasks.
- Passions are those topics of such interest to you that they are able to fire you into action and exploration.

Please type up your ranked, itemized list at this time and submit it this weekend in Archie under the assignment titled "My Strengths, Passions, & Values." To help you start to brainstorm about yourself, please find a long, but not exhaustive, list of adjectives

Sincerely,

Ms. Ibarra-Rivera  
Lead College Counselor  
Archimedean Upper Conservatory

To help you compose your ranked list of **Your Top 5 to 10 Personality/Character Strengths, Passions, and Core Values**, find below two lists of examples to help guide your self-reflection. Remember, your final list should reflect those positive aspects of your quintessential self. **It is important that your list be authentic, genuine, and exemplify those positive aspects of the real YOU!** *Do **not** settle on items that do not define YOU just because you think those are what an admission's officer wants to see.* Remember, admissions officers are **not** looking to admit students who all have the same set of characteristics. That would make for a boring, unidimensional atmosphere. They are looking, instead, to put together a freshman class rich in diversity of personalities, talents, interests, values, dreams, and goals.

Remember too, you should be able to articulate several examples and anecdotes from your life that exemplify your final list of 5-10 personal strengths, passions, and personal values. If you create an inauthentic list - *if you fake it* - you will soon find yourself struggling to find clear and strong examples in your life that can be used to showcase these aspects of your being.

**Inauthenticity, thus, quickly results in superficial, flat, unconvincing, and lackluster college application essays that, not only are untruthful, but don't impress, don't move the reader, and lack memorability.** **Authenticity speaks loudly** and you all have wonderful traits, viewpoints, interests, and dreams to share. *Though a list of the potential interests each of you may hold would be unending, please find below some examples of traits and of core values that you may find useful.*

Examples of **Potentially Positive Character & Personality Traits** include, but are not limited to:

- |                |                 |                 |
|----------------|-----------------|-----------------|
| • Accessible   | • Bright        | • Contemplative |
| • Active       | • Brilliant     | • Cooperative   |
| • Adaptable    | • Broad-minded  | • Courageous    |
| • Admirable    | • Calm          | • Courteous     |
| • Adventurous  | • Capable       | • Creative      |
| • Agreeable    | • Captivating   | • Cultured      |
| • Affectionate | • Careful       | • Curious       |
| • Alert        | • Caring        | • Daring        |
| • Allocentric  | • Challenging   | • Dauntless     |
| • Ambitious    | • Charismatic   | • Debonair      |
| • Amiable      | • Charming      | • Decent        |
| • Amicable     | • Cheerful      | • Decisive      |
| • Amusing      | • Clear-headed  | • Dedicated     |
| • Anticipative | • Clever        | • Deep          |
| • Appreciative | • Colorful      | • Dependable    |
| • Approachable | • Companionly   | • Determined    |
| • Articulate   | • Compassionate | • Devoted       |
| • Aspiring     | • Competitive   | • Dignified     |
| • Autonomous   | • Conciliatory  | • Diligent      |
| • Balanced     | • Confident     | • Diplomatic    |
| • Benevolent   | • Conscientious | • Directed      |
| • Bibliophilic | • Considerate   | • Disciplined   |
| • Brave        | • Constant      | • Discreet      |

- Dramatic
- Dutiful
- Dynamic
- Earnest
- Easygoing
- Ebullient
- Educated
- Efficient
- Elegant
- Eloquent
- Empathetic
- Encouraging
- Energetic
- Enthusiastic
- Esthetic
- Exciting
- Extraordinary
- Exuberant
- Fair
- Faithful
- Farsighted
- Fearless
- Felicific
- Firm
- Flexible
- Focused
- Forgiving
- Fortright
- Frank
- Freethinking
- Friendly
- Fun-loving
- Funny
- Gallant
- Generous
- Gentle
- Genuine
- Good-natured
- Gracious
- Gregarious
- Hardworking
- Healthy
- Hearty
- Helpful
- Heroic
- High-minded
- Honest
- Honorable
- Humble
- Humorous
- Idealistic
- Imaginative
- Impartial
- Impressive
- Incisive
- Incorruptible
- Independent
- Individualistic
- Innovative
- Inoffensive
- Inquisitive
- Insightful
- Insouciant
- Intelligent
- Intuitive
- Inventive
- Invulnerable
- Kaleidoscopic
- Keen
- Kind
- Knowledge
- Leaderly
- Leisurely
- Liberal
- Loquacious
- Logical
- Lovable
- Loving
- Loyal
- Lyrical
- Magnanimous
- Many-sided
- Mature
- Methodical
- Meticulous
- Moderate
- Modest
- Mutable
- Multi-leveled
- Multi-faceted
- Neat
- Nonauthoritarian
- Objective
- Observant
- Open
- Open minded
- Opinionated
- Optimistic
- Orderly
- Organized
- Original
- Passionate
- Patient
- Patriotic
- Peaceful
- Perceptive
- Perfectionist
- Persistent
- Personable
- Persuasive
- Pioneering
- Placid
- Planful
- Playful
- Plucky
- Polished
- Polite
- Popular
- Powerful
- Practical
- Precise
- Principled
- Procedural
- Profound
- Protean
- Protective
- Providential
- Prudent
- Punctual
- Purposeful
- Quick-witted
- Quiet
- Rational
- Realistic
- Reflective
- Relaxed
- Reliable
- Resilient

- |                    |                   |                 |
|--------------------|-------------------|-----------------|
| • Resourceful      | • Sharing         | • Tenacious     |
| • Respectful       | • Shrewd          | • Thorough      |
| • Responsible      | • Simple          | • Thoughtful    |
| • Responsive       | • Sincere         | • Tidy          |
| • Reverential      | • Skillful        | • Tolerant      |
| • Romantic         | • Sober           | • Tough         |
| • Rustic           | • Sociable        | • Tractable     |
| • Sage             | • Solid           | • Trusting      |
| • Sane             | • Sophisticated   | • Unassuming    |
| • Savvy            | • Spontaneous     | • Uncomplaining |
| • Scholarly        | • Sporting        | • Understanding |
| • Scrupulous       | • Stable          | • Undogmatic    |
| • Secure           | • Steadfast       | • Unfoolable    |
| • Selfless         | • Steady          | • Upright       |
| • Self-confident   | • Stoic           | • Urbane        |
| • Self-critical    | • Straightforward | • Venturesome   |
| • Self-defacing    | • Strong          | • Versatile     |
| • Self-denying     | • Studious        | • Vivacious     |
| • Self-disciplined | • Suave           | • Warm          |
| • Selfless         | • Subtle          | • Well-bred     |
| • Self-reliant     | • Sweet           | • Well-read     |
| • Self-sufficient  | • Sympathetic     | • Well-rounded  |
| • Sensible         | • Systematic      | • Willing       |
| • Sensitive        | • Talkative       | • Winning       |
| • Sentimental      | • Tasteful        | • Wise          |
| • Seraphic         | • Teacherly       | • Witty         |
| • Serious          | • Technological   | • Youthful      |

Your personal core values are what encompass your foundational beliefs, which then dictate your behavior, influence your thoughts and feelings, and guide your decision-making. These are the aspects of life that you find **MOST** important and that **YOU PLACE EMPHASIS ON** when determining your actions. These are the aspects of life you highly value and so are especially meaningful to you and drive you. *Acts that line up with your core values help give you a sense of fulfillment.*

Some examples of **Topics that Relate to Positive Core Values** include, but are not limited to...

- |                  |                   |                               |
|------------------|-------------------|-------------------------------|
| • Authenticity   | • Altruism        | • Beauty                      |
| • Acceptance     | • Approachability | • Boldness                    |
| • Accomplishment | • Ambition        | • Bravery                     |
| • Accuracy       | • Assertiveness   | • Building strong communities |
| • Achievement    | • Authority       | • Calmness                    |
| • Adaptability   | • Autonomy        | • Candor                      |
| • Alertness      | • Balance         |                               |

- Caring
- Charity
- Concentration
- Compassion
- Competence
- Confidence
- Connection
- Consciousness
- Contentment
- Conviction
- Challenge
- Citizenship
- Collaboration
- Commitment
- Commitment to a cause
- Commitment to learning
- Commitment to others
- Communication
- Community
- Compassion
- Competency
- Competition
- Compliance
- Composure
- Confidence
- Conservation
- Consideration
- Contribution
- Consistency
- Control
- Courage
- Conviction
- Creation
- Creativity
- Credibility
- Critical thought
- Cultural awareness
- Curiosity
- Decisiveness
- Decision-making
- Dedication
- Dependability
- Determination
- Devotion to a cause
- Devotion to another
- Dignity
- Discipline
- Diversity
- Discovery
- Drive
- Doing good for the whole
- Education
- Effectiveness
- Efficiency
- Empathy
- Empowerment
- Endurance
- Energy
- Engagement
- Enjoyment
- Environmentalism
- Environmental sustainability
- Ethics
- Equality
- Equity
- Experience
- Exploration
- Expression
- Fairness
- Faith
- Fame
- Family
- Fitness
- Foresight
- Fortitude
- Freedom
- Friendships
- Fun
- Frugality
- Furthering understanding
- Furthering knowledge
- Generosity
- Giving
- Grace
- Gratitude
- Growth
- Happiness
- Harmony
- Health
- Helping others
- Helping the less fortunate
- Honesty
- Honor
- Humor
- Imagination
- Improvement
- Inclusiveness
- Independence
- Individuality
- Influence
- Inner harmony
- Inner peace
- Innovation
- Inspiration
- Integrity
- Intelligence
- Intensity
- Inquisitiveness
- Justice
- Kindness
- Knowledge
- Lawfulness
- Leadership
- Learning
- Liberty
- Logic
- Longevity
- Love
- Loyalty
- Mastery
- Maturity
- Meaningful engagement
- Moderation
- Modesty
- Motivation
- Novelty
- Objectivity
- Open-mindedness
- Openness

- Optimism
- Orderliness
- Originality
- Organization
- Partnership
- Passion
- Patience
- Patriotism
- Peace
- Performance
- Perseverance
- Persistence
- Personal growth
- Playfulness
- Pleasure
- Poise
- Potential
- Positive mindset
- Positivity
- Preparedness
- Productivity
- Professionalism
- Prosperity
- Purpose
- Pursuit of excellence
- Punctuality
- Quality
- Rationality
- Reason
- Recognition
- Reflection
- Reliability
- Religion
- Reputation
- Resilience
- Respectfulness
- Responsibility
- Responsiveness
- Restraint
- Results-oriented
- Reverence
- Rigor
- Risk-taking
- Satisfaction
- Security
- Self-awareness
- Self-respect
- Self-reliance
- Selflessness
- Sense of humor
- Sensitivity
- Serenity
- Service to others
- Sharing
- Simplicity
- Sincerity
- Skepticism
- Social Justice
- Speaking up & out
- Spirit of Adventure
- Spirituality
- Spontaneity
- Stability
- Status
- Stewardship
- Stillness
- Success
- Status
- Strength
- Structure
- Success
- Support
- Talent
- Teamwork
- Temperance
- Thoroughness
- Tolerance
- Tradition
- Tranquility
- Trustworthiness
- Truth
- Understanding
- Unity
- Uniqueness
- Valor
- Versatility
- Wealth
- Victory
- Vision
- Vitality
- Wealth
- Welcoming
- Willpower
- Winning
- Wisdom
- Wonder