

“My Strengths, Passions, & Values”

Dear A.U.C. Senior.

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. **Colleges are especially looking for current and future Change Makers!** (Individuals who **WILL** bring new perspectives and ideas to campus, or who **WILL** address, innovate, create, design, problem solve, and think outside the box, or who **WILL** fight injustices, or who **WILL** further knowledge and push boundaries as we know it in a field they are passionate about, or who **WILL** make large impacts in one or more communities or disciplines, or who **WILL** lead, organize, stand up for, engage, and try the difficult and challenging). 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.

PART 1 of your next assignment is to authentically reflect on who you are and to **identify those top 5-10 authentic individual character/personality strengths and top 5-10 core values and top 6 talents & passions** you, and those around you, who know you well, see in you. You are being asked to interview not only yourself, but also those who know you best and in different contexts. Finally, you are being 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. Type your list on the worksheet at the very end of this PDF.

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.

To help you start to brainstorm about yourself, please find a long, but not exhaustive, list of adjectives that describe various character/personality traits and core values.

- You will upload the completed Part 1 worksheet (*found at the end of this PDF*) into Archie under the corresponding assignments titled **“Part 1-Rank of Traits, Values & Passions”**

PART 2 of this assignment will be to **recall/rediscover and describe several specific moments, throughout your life (from kindergarten on to middle school and early/mid high school) when you clearly exhibited EACH particular strength, core value, talent, &/or passion identified in Part 1 as central to who you are.** To complete this part of the assignment, create a separate document in which you list one-by-one each of the identified/ranked traits, values, passions, and talents. Underneath **each** term you picked as a descriptor of yourself, list several **bullets** briefly outlining the various moments/memories you have identified from different aspects of and time periods in your life when you exhibited that particular characteristic. You will create several bullets under each term identified in Part 1.

You will upload into Archie, as a PDF, Part 2 of your assignment under the corresponding assignments titled **“Part 2-Evidence of my Traits, Values & Passions”**

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

- Accessible
- Active
- Adaptable
- Admirable
- Adventurous
- Agreeable
- Affectionate
- Alert
- Allocentric
- Ambitious
- Amiable
- Amicable
- Amusing
- Anticipative
- Appreciative
- Approachable
- Articulate
- Aspiring
- Autonomous
- Balanced
- Benevolent
- Bibliophilic
- Brave
- Bright
- Brilliant
- Broad-minded
- Calm
- Capable
- Captivating
- Careful
- Caring
- Challenging
- Charismatic
- Charming
- Cheerful
- Clear-headed
- Clever
- Colorful
- Companionly
- Compassionate
- Competitive
- Conciliatory
- Confident
- Conscientious
- Considerate
- Constant
- Contemplative
- Cooperative
- Courageous
- Courteous
- Creative
- Cultured
- Curious
- Daring
- Dauntless
- Debonair
- Decent
- Decisive
- Dedicated
- Deep
- Dependable
- Determined
- Devoted
- Dignified
- Diligent
- Diplomatic
- Directed
- Disciplined
- 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
- Forthright
- 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
- Openminded
- 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
- Respectful
- Responsible
- Responsive
- Reverential
- Romantic
- Rustic
- Sage
- Sane
- Savvy
- Scholarly
- Scrupulous
- Secure
- Selfless
- Self-confident
- Self-critical
- Self-defacing
- Self-denying
- Self-disciplined
- Selfless
- Self-reliant
- Self-sufficient
- Sensible
- Sensitive
- Sentimental
- Seraphic
- Serious
- Sharing
- Shrewd
- Simple
- Sincere
- Skillful
- Sober
- Sociable
- Solid
- Sophisticated
- Spontaneous
- Sporting
- Stable
- Steadfast
- Steady
- Stoic
- Straightforward
- Strong
- Studious
- Suave
- Subtle
- Sweet
- Sympathetic
- Systematic
- Talkative
- Tasteful
- Teacherly
- Technological
- Tenacious
- Thorough
- Thoughtful
- Tidy
- Tolerant
- Tough
- Tractable
- Trusting
- Unassuming
- Uncomplaining
- Understanding
- Undogmatic
- Unfoolable
- Upright
- Urbane
- Venturesome
- Versatile
- Vivacious
- Warm
- Well-bred
- Well-read
- Well-rounded
- Willing
- Winning
- Wise
- Witty
- 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. They are what give you a sense of fulfillment.

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

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

“My 5-10 Ranked Character Strengths”

Identify and rank your entries 5-10 authentic individual character/personality strengths, starting with the strength that is **MOST** central, all-consuming, and of importance to you

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

“My 5-10 Ranked Core Values”

Identify and rank your entries 5-10 authentic individual core values, starting with the value that is **MOST** central, all-consuming, and of importance to you

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|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

“My Top 3-6 Ranked Talents & Passions”

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|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |