

Filling out the strengths assessment can be a first step toward getting to know yourself and thus what colleges may be appropriate for you. This form is not exhaustive. Use it creatively to sketch a logical college plan, substituting your own ideas wherever appropriate.

My Admissions Strengths Assessment

Strengths

Academic

Grades _____
 Class Rank _____
 Test Scores _____
 Honors _____
 Special Projects _____
 Extra Credits _____
 Advanced Placements _____
 Outside Courses _____
 Related Work _____
 Internships _____

Nonacademic

Sport _____
 Sport _____
 Letters _____
 Captaincy _____

Activities

School Activities

School Government _____
 Class Officer _____
 Publications _____
 Officer _____
 Music _____
 Drama _____
 Clubs _____
 Other _____

Other Activities

Community Service _____
 Work _____
 Internship _____
 Religious _____
 Political _____
 Unique Travel _____

Other Advantages

Strengths of Character

Independence _____
 Reliability _____
 Courage _____
 Persistence _____
 Patience _____
 Tolerance _____
 Concern for Others _____
 Other _____

Skills/Talents

1. _____
 2. _____
 3. _____
 4. _____

Colleges Looking for My Strengths/Talents

College: _____ Strengths: _____
 College: _____ Strengths: _____
 College: _____ Strengths: _____
 College: _____ Strengths: _____

Marketing Strategy

Communicate my strengths to:

Admissions Committee _____

Faculty Members _____

Administrators _____

Arts Director _____

Coaches _____

Minority Affairs Officer _____

Alumni _____

By means of:

Direct communication by letter, telephone, or e-mail _____

Additional essays _____

Exhibits:

Tapes _____

Portfolio:

Newspaper Clippings _____

Audition _____

Additional recommendations:

Employer _____

Religious Leader _____

Community Service Director _____

Camp or Travel Program Director _____

Athletic Coach _____

Music or Art Instructor _____