

Developing Your Strength

Focus

The genius of your Focus talent begins with what you can do with your mind. You can focus your attention to an unusual level of concentration. That concentration enables you to amass facts and information, read with clarity of understanding, and solve problems with great precision. You can concentrate to the extent that people may come into a room you are in, and you may not hear or see them. While others pride themselves with their ability to multi-task, you know that for you, you are most productive when you concentrate on one thing at a time. Your focusing talent results in prolonged concentration to address and solve complex problems and planning processes. You learn in great depth, and because of your focusing, when you learn, plan and solve problems, your recall is remarkable.

Adapted from “The Genius and Beauty found within The Clifton StrengthsFinder Themes of Talent,” by Edward C. Anderson

Applying Focus Talents in Careers

- Set specific goals for your career planning. What do you want to achieve by the time you graduate? This attention to your destination and how you will get there will be very engaging and will provide great benefits.
- Spend some dedicated time reading about careers that interest you and following up with Internet searches. Your ability to concentrate on a task will stand you in good stead as you research career possibilities.
- Although your Focus talents can reveal themselves through highly proactive goal setting, you might sometimes need to have a target identified for you.
- You are capable of prolonged concentration and persistence, which flourishes in environments with few interruptions and little need to multi-task.
- Structured environments that are predictable, detail-oriented, and reward your dependability and follow-through are likely to bring out your best.
- You might be most satisfied in roles that have identifiable goals, purposes, and objectives, and that provide opportunities to meet your own longer-term goals.

Adapted from StrengthsQuest website: www.strengthsquest.com

Career Plan of Action:

Applying Focus Talents in Academics

General Academic Life

- Use your focus to link class-related assignments to the knowledge and self-management skills you'll need to be successful in your future career.
- Use your focus to help groups stay on track in classroom discussions or meetings.
- If you feel an assignment has no practical value to you, develop one that better fits your goals, and request permission from your professor to use it. Explain the potential benefits.
- When working with others in a small group, help them see how the pieces of a project fit together to accomplish the overall objective.

Study Techniques

- Before studying, list everything you'll attempt to learn during that time period.
- Before writing a paper, outline the main points you plan to address.
- Although you can concentrate for long periods of time, regulate yourself to avoid working to exhaustion.
- Schedule your work in a way that allows you to focus your full attention on one assignment or project at a time.

Relationships

- Talk to two or three experienced people you admire. Determine some specific strengths they possess, and ask them about their greatest talents and the knowledge and skills they acquired through the years to create these strengths.
- Choose to associate with successful people. Ask what they focused on to become successful.
- Identify an alumnus who's in a career that interests you, and spend time with that person to determine how he or she benefited from the college experience.

Class Selection

- Select classes that will help you fulfill your long-term goals.
- Select classes that have defined direction and objectives.
- Choose professors who are known for staying on track.

Extracurricular Activities

- Look for an internship in an area related to your career goals.
- Select class-related and extra-curricular activities related to your career goals.
- To build on your Focus talents and not "spread yourself too thin," be selective in the range of activities you are involved in.

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Academic Plan of Action:
