

Objective: Students will identify their strengths in the classroom (i.e., approaches to assignments, tests, participation, interacting with teachers and classmates, etc.)

Confidence starts with an awareness of what you are and what strengths you already possess. It is easy to forget our strengths and be overly critical of our weaknesses, but understanding your strengths helps you to excel in every aspect of your education.

Activity: Fill out the following chart to gain clarity on the strengths you already possess.

Subject	Best skill/concept you've mastered	Best strategy you use (study strategy, note-taking strategy, etc.)
Math		
English		
Science		
History		
Other/elective		
Other/elective		
Other/elective		