



COL 105 *CliftonStrengths* College Success Plan Reflection Paper

"A truly good book teaches me better than to read it. I must soon lay it down, and commence living on its hint. What I began by reading, I must finish by acting." - Henry David Thoreau

General Directions

- All responses must be typed using 12 pt standard font and written in paragraph/essay form.
- Include an MLA heading on the first page of your paper (an example is at the bottom of the instructions)
- Include MLA page numbers on all pages. If you do not have experience with MLA style or simply need additional information, then please view the MLA Sample Paper at [OWL Purdue](#). The only source you are required to cite is *CliftonStrengths for Students*. Be sure to use quotations and in-text/parenthetical citations for any information taken directly from any source.
- For a paper of this magnitude, you will probably need to be around 850-1500 words.

Paper Organization/Directions:

¶ **1 & 2 Introduction and Summary Paragraphs** – as always, “hook” your reader in the first paragraph with something enlightening you’ve gathered in this process; give a *small* amount of background information about the Signature Themes. In the second paragraph define, in laymen’s terms, your Signature Themes and summarize them; for example, how do they align with your personality characteristics? Hopefully you’ve read your Signature Themes to someone close to you who will give you honest feedback. Did the person say, “That is you.” Yes? No? Explain and potentially insert some dialogue and/or feedback.

¶ **3 Analysis** – now it’s time to dissect the Signature Themes; break down the components into their smallest parts, and be sure to answer the following questions taken from *CliftonStrengths*:

- Which of your Signature Themes describes you best?
- Which of your Signature Themes hold the talents that you use most frequently?
- In which of your Signature Themes are your talents most highly refined?
- Which talents do you want to maximize the most in college? Why?

¶ **4 Evaluation and Action Plan for the Future** – let’s look to the future now that we have analyzed what’s in front of us. In your fourth paragraph, it’s time to make some enlightened decisions concerning your education and your career. Make sure you answer questions such as:

- What are you hoping will happen while you are in college?
- What do you want to be able to do as a result of going to college?
- Which of your talents do you believe will be most instrumental in helping you fulfill your dreams and desires for college?
- Which of your talents are you planning to develop through classes and extracurricular activities?
- What is your mission, purpose, or ultimate objective you want to accomplish during your life? How can your talents help you fulfill your mission?
- What is your ultimate objective in life? What theme will take you to that place? Elaborate.

¶ **5 Conclusion** – in your final paragraph, please connect all the pieces and paint a picture of how you will utilize this newfound lode of information. Include questions such as:

- How will your most prevalent Signature Theme get you where you want to go?
- What will you do to improve your “weakest” Signature Theme? What might be some obstacles in the way?
- What was the most important/insightful piece of information you learned throughout this entire process? Was it an epiphany, or did you know this was a strength? Explain.

Example of MLA Heading (first page of your paper)

Your Name

Instructor Name

COL 105 Section Number

Date Month 2020