**STRENGTHS & PERSONALITY TRAITS**

Harmony, Achiever, Arranger, Consistency, Adaptability

As an RKin the achiever and arranger traits would complement the environment in which I would be in.

The characteristic traits of an “achiever” are stamina and hard work, as well as being satisfied with a busy and productive lifestyle. I think that these characteristics describe me completely. I enjoy my days most when I am busy and not simply sitting around waiting for things to happen. I also think that these traits complement me as I consider myself to be an extremely hard working athlete. Throughout my life I have been a busy athlete with the ability to balance academics, practices and training, as well as games. I think that this background in athletics has given me the skills required to be a hard worker in anything that I do. I believe that this trait is beneficial for this field of work because as an RKin I may have days that will be filled with treating clients and will need to have the energy and enthusiasm to give each client my full attention. This strength as an achiever will allow me to have a productive session with each client.

My strengths as an “arranger” show that I like things organized but am not too much of a perfectionist that I have the ability to be flexible. This trait also states that I like to figure out how things fit together and have the ability to arrange things for maximum productivity. I think that this quality will be beneficial to the career choice of an RKin because I will have the ability to manage my time and organize all sessions. I will also be able to adapt my plans based on how the client is feeling that day or what is available to me. I think that this trait will be beneficial to this career as I will be organized and prepared for each new day and figure out how to make a productive plan for my clients.

As a High School Phys. Ed teacher the traits of harmony, consistency, and achiever would be beneficial in my work setting.

My top trait based on the Strength Quest profile is “harmony.” I think this is a very important trait to have as a high school phys. Ed. Teacher because I do not like conflict and often look for areas of agreement. As a teacher, there can always be conflicts between students and with this trait I will be able to help students solve their misunderstandings by looking at the practical and realistic aspects of the situation. I think this trait can describe me as a mediator in problematic situations rather than the one solving their problems for them. This can be applicable in a classroom setting and also in a faculty setting because there can also be conflicts between teachers. I believe that the “harmony” trait best describes me and can be valuable in any career path I choose. I view myself in this trait as being easy going, non-confrontational and a good listener.

Another trait that would be advantageous to have as a high school phys. Ed. Teacher is “consistency.” This trait describes me as needing to treat people the same and setting up clear rules to follow. As a teacher I believe that it is important to treat all students equal and that following the rules is an important feature of any life situation. I think following rules can be attributed to both sport and life, since my job as a teacher would be to teach students the rules and also set a good example and follow them myself. My ability to be consistent in my treatment of people as well as rules and situations makes this trait ideal in the avenue of teaching. I believe that my ultimate role as a teacher is to set a good example for students and help to guide them through their learning.

My final trait that will support a career in teaching is “achiever.” With this trait it is important for me to feel a need for achievement constantly with each day. I think that this trait is important for a school teacher as you are an integral part in the academics of many students and you need to feel like you have contributed in a positive way to their learning. An “achiever” has a certain drive that makes me a hard worker and enjoying a busy lifestyle. This trait fits a teachers profile as you must balance preparedness with business as you generally work every day during the week. I think that my background in time management is beneficial to this career as well as this trait specifically.

As an athletic therapist complementary traits to my work background would be adaptability, achiever, and arranger.

I think that my most important trait for this career choice is “adaptability” because I am able to go with the flow. This can be key in the field of athletic therapy because there are always new injuries that can arise or new situations. Being an AT entails treating in both clinical setting and field settings, this can mean working in a controlled clinic one day and then working on a rainy, muddy field another day. The ability to treat patients the same in both settings is an advantageous trait. Overall, this trait shows that I would have the ability to change my plans or ideas as the situation changes.

My trait of being an “achiever” is also valuable to the job description of an AT. As an “achiever” I am described as a hard worker and enjoying being busy. I think that these characteristics make me an ideal athletic therapist. In the AT line of work I think there can be many obstacles with treatment strategies and different patients in which I would become even more determined to overcome these obstacles in order to succeed. An “achiever” can also be described as looking for a constant need for achievement and I think that is an important trait of an athletic therapist, you need to be able to feel like you have treated each patient to the best of your ability and help them become a better and stronger athlete.

The final trait that I believe to be significant to being an athletic therapist is “arranger.” With this trait, I believe that I am able to be organized yet flexible. I have the ability to have planned ahead but also not be too uptight about my plan that everything must go according to plan. I think that “arrangers” also make good team members, which is most common in the field of athletic therapy. I would most likely be working with others, thus I must be able to make plans with others in order to be successful.

After assessing my top 3 career options, I think that I am most interested in pursuing a career as a high school physical education teacher. When I look back to my days of high school, many of my teachers said that they saw me having a future in teaching and especially in physical education. It was not only my extensive athletics and sports background but also the way that I was able to interact with other students and conducted myself around teachers. When I was in high school I would have never seen myself actually being a teacher so when my own teachers told me that’s where they saw me, it has always been in the back of my mind. I hadn’t put too much thought into it once I arrived at university because there were so many other career options available to me. I think that all 5 of my Strength Quest characteristics are beneficial for my choice in this career. As previously outlined, “harmony,” “consistency,” and “achiever” were my top traits in this field, but I truly think that all of my strengths would benefit me. Thus, on top of the 3 previous traits, I would also include “adaptability” and “arranger.” With all 5 of my strengths I think that a career as a high school phys. Ed. Teacher is most ideal for me. It gives me the ability to work with many different people and share my wealth of knowledge and experience with them. I am able to be a mediator to student’s conflicts, treat everyone as equals and work hard.