**Applying Self-Assurance Talents in Academics**

*These insights and action ideas can help you apply Self-Assurance talents to achieve in various aspects of your academic life.*

**General Academic Life**

* Ensure that you are completely in control of your grades. Gain a clear understanding of what is expected and how meet those expectations.
* Always strive to become a better student. Stick with what is working for you and continue to build on your most powerful talents.
* Be confident in your abilities to understand and learn material.
* Register for classes that excite you.

**Study Techniques**

* Overstudy-- do more than you need to do.
* Have confidence in your best ways to learn.
* Study your greatest talents, and recognize the many ways in which you can achieve through them.
* Enjoy the risks you take in your approach to studying.

**Relationships**

* Get to know your professors and teaching assistants. This approach will help you stay in control of your learning.
* Build a potentially lifetime friendship with an instructor.
* Seek people who appreciate your self-confidence.

**Class Selection**

* Choose classes that you will find challenging and intriguing.
* Select classes that play to your strengths and greatest talents,
* Choose classes in which you can achieve major successes.

**Extracurricular Activities**

* Seek a leadership position in an organization that addresses issues important to you. You know you can make an important difference in these areas.
* Join clubs that will "stretch" your talents and your horizons. Dare to tackle the unfamiliar.
* Consider a semester abroad. Your Self-Assurance talents will help you maneuver through a culture that is quite different from your own.