

To start my reflection, this quote resonated with me, and I wanted to share my thoughts. “People don’t change that much. Don’t waste time trying to put in what was left out. Try to draw out what was left in. That is hard enough.” I don’t fully believe or think I can grasp this especially in relationships. I heard this quote once that has stuck with me for life, that was in a relationship you get divorced several times, but through this divorce you change and evolve and if done correctly, you and your partner will be married to different people because of the change that built over the years but if you don’t change the divorce will be reality. The next thing that resonated with me was the quote what will happen when we think about what is right with people rather than fixating on what is wrong with them, I think that when you spend a lot of time with a person you develop pet peeves about that person, but I think this relates quite well because we try to find the flaws instead of the perfections. When they start to analyze the strength statistics, I would rather want to see the number instead of the percentage because the percentages can be misleading on how many have changed. I think everyone has a talent but when they must get jobs to survive instead of careers, it severely limits the potential of those talents, and we may never see those talents grow. The other quote that I thought was interesting was with is the one should waste as little effort as possible on improving areas of low competence, but at least in my life, I like to search for areas that I have little to no experience and try to develop those skills to become a more well-rounded person. I think when Erin Anseth talks about empathy, it’s very important. I think having empathy for others is the key to life, because everyone could or can be in the same situation if they had the same life.

I think that something I had in my mind already but relates to these slides and handout was the weakness or failure aspect. If you never fail, you are not trying new things or getting out of your comfort zones and you will never gain knowledge or grow as a person, but if you fail and

learn from that failure the amount you can grow is limitless. However, if you fail and fixate on the failure itself instead of how you can learn from it, it could be just as hindering as never failing at all. I wish we could have watched the video that went along with this, to gain more context into the webinar but I think it was still very interesting. The other recommendation would be to include a demonstration of the Clifton Strengths assessment or a report to give more clarity. The other thing I would like to see is, I think if the video or the overview of the assessment was included, I would recommend this for the future graduate students. I think this would be extremely empowering for those who may have worked a job but not in career and really give them insight on what to expect to get out of this career. I mention this because many college students may have worked part time or full time but to provide money for their college years, but they have not found something that didn't feel like a job but a gift that they get to do everyday. Overall, I think having this learning experience to give insight into students going through this program and into the workplace with a new mentality gained from this to empower them to not only succeed but have great self-fulfillment while navigating the gifts and struggles life gives you.