



ADAPTABILITY®

I am **malleable and versatile**, with the ability to live in the moment, easily adjust and modify, and deal with life as it comes.

Academic Life



- If you're feeling overwhelmed, take a breath before an exam. Remember how well you've handled pressure in the past.
- Challenge yourself with coursework that is more hands-on. You may find it more satisfying.
- Your strength allows you to juggle many tasks and achieve a great work/life/school balance.

Decision Making



- Balance is key, so make sure to weigh your end goals with your in the moment instincts.
- Though you can easily adapt to a change in plans, don't let that keep you from making a schedule. That way you'll stay mostly on course.
- Utilize your ability to mentally clear out distractions before making any decisions.

Relationship Building



- You can keep a level head when others cannot. Reassure others to foster strong bonds.
- Don't let others take advantage of your flexible nature as that can lead to you compromising on your personal goals.
- Be the mediator in a disagreement as you can see both sides in the moment and respond accordingly.

Extracurriculars



- Consider improv theater to make use of your adaptable nature.
- Take charge and run an event, as you'll be able to go with the flow and handle any setbacks.
- Your ability to capitalize on each moment and work with what you have would make you ideal for speech and debate.

Career Goals



- Chaos doesn't frighten you! In fact, stressful work environments allow you to shine.
- Avoid career paths that are overly routine as they will quickly bore you.
- Make a task into a game to allow your independence to shine through a more structured methodology.

Leadership Tips



- Help stressed out peers see the positivity in a changing situation.
- Look to others for planning, so you can deal with more immediate issues.
- Work on more short term projects and avoid extended campaigns.

