

What Strengths Are

- **Sports.** For example: Team or individual sports, e.g., football, basketball, soccer, cheerleading, swimming, track, tennis.
- **Music.** For example: Band, choir, playing an instrument or singing even when it's not associated with school.
- **Art.** For example: Photography, drawing, painting, and sculpting.
- **School activities.** For example: Drama, madrigals, yearbook, and journalism.
- **Clubs.** For example: Youth groups, church groups, scrap-booking groups, book clubs.
- **Work.** For example: Working at a gas station, mowing lawns, baby sitting.
- **Volunteer experiences.** For example: Reading to younger children, visiting elders at a nursing home, helping at the shelter or food bank.
- **A mentor.** For example: Being positively connected with a teacher, Big Brother/Big Sister, scout leader.
- **Family connections.** For example: Spending a lot of time with a grandmother.
- **School involvement/engagement.** For example: Good grades, attendance, participation in activities at school, student council.
- **Spirituality.** For example: Participating in a church, synagogue, mosque, or other spiritual practice.
- **Cultural identity and connections.** For example: Learning about one's cultural heritage, including traditional foods, language, music, ceremonies, practices, and responsibilities.