

# Adaptability

People who are especially talented in the Adaptability theme prefer to “go with the flow”. They tend to be “now” people who take things as they come and discover the future one day at a time.



## General Academic Life Tips

- Live in the moment. Calm yourself before an exam with positive self-talk. Recall your personal history of dealing with surprises on tests.
- Leverage your ability not to feel overwhelmed by multifaceted assignments. Document three to five instances during the day when you successfully juggled competing tasks.
- Understand that you can balance academic demands with social commitments, extracurricular activities, and part-time jobs. Describe how you managed to make progress on all fronts last week.
- Challenge yourself by taking courses that involve experiments. Compare your flexibility to that of various classmates. Notice how you make adjustments to produce desired outcomes.



## Extracurricular Activities

- Join organizations that sponsor events that demand flexibility in terms of planning as well as execution. Capitalize on your ability to monitor and adjust.
- Convince teammates of the importance of not fighting change. Outline the benefits of letting go of the original plan in order to try a new process.
- Recall two or three instances where you successfully redirected the emotional energy of people paralyzed by unexpected news or sudden changes in the group's plans.
- Consider participating in extemporaneous speech tournaments or improvisational theater. Play to your ability to capitalize on each moment.



## Career Development Tips

- Those with great Adaptability talents often respond well to changing demands. Shadow people in careers that are attractive to you and watch how they continually respond to the varied requests of their customers or clients.
- Interview individuals who have jobs that demand flexibility and a comfort with rapid change. Ask what their typical day is like.
- Gain part-time or seasonal employment in organizations where the demand for flexibility exists hour-by-hour and day-by-day. Pay attention to ways in which your Adaptability talents benefit you in these settings.
- Your Adaptability talents will flourish in environments that reward responsiveness and your ability to “turn on a dime.”
- You may thrive in chaos. Avoid environments that are highly structured or routine, with lots of rules and regulations.
- Talk to people in the entertainment industry. Interview designers or producers and ask them to describe their work and the types of satisfaction they receive from it.