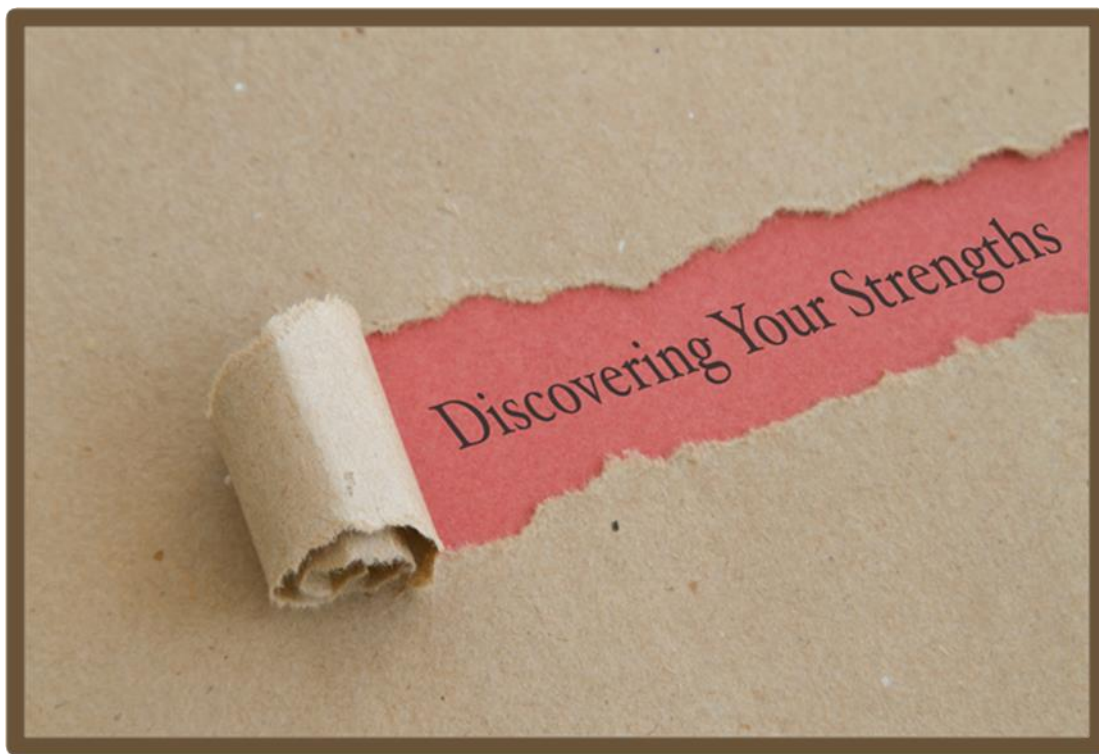


NEW MEXICO 4-H

Aggie Next Step

My Strengths



Post Secondary Pathways



Newt McCarty, State 4-H Agent and Chelsey Juenemann, Education Specialist



New Mexico State University is an equal opportunity employer and educator.
NMSU and the U.S. Department of Agriculture cooperating.
nm4h.nmsu.edu



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development



My Strengths

INTRODUCTION

This lesson introduces students to the importance of recognizing personal strengths and weaknesses as part of career readiness. Students will identify their own character traits, reflect on how traits influence relationships, and connect strengths and weaknesses to workplace skills.

SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

ACTIVITY

1. Have participants complete the *Pre-assessment*.
2. Begin with a question: *What is character? How does Knowing your strengths and weaknesses help you succeed in school and in a future job?*
(*Note: Character is the set of qualities that guide how we think, feel, and act.)
3. Say: *Recognizing strengths and weaknesses isn't just about self-awareness—it's also about preparing for the workplace. Employers value people who understand their strengths, can work on their challenges, and use both to build strong teams. This lesson helps you see how your character traits relate to real-world career readiness skills like communication, collaboration, and problem-solving.*
4. Distribute *Character Strengths and Traits*. Give participants a few minutes to read the handout. Answer any questions about the listed traits.
5. Emphasize that by understanding our strengths and challenges, we can build on what we're already good at and identify areas we can improve.
6. Distribute *Character Strengths Inventory*. Let participants know that taking a personal inventory is a useful way to identify both strengths and growth areas. Allow time to complete the inventory.

Supplies

- Worksheets
- Handouts
- Pens/Pencils

OUTCOMES

Students will be able to:

- **Identify** personal character strengths and weaknesses
- **Develop** self-awareness and confidence through reflection
- **Recognize** how character traits influence relationships
- **Connect** strengths and weaknesses to career readiness skills
- **Create** a plan to apply strengths and improve weaknesses



My Strengths

7. Once inventories are complete, distribute *Strengths in Action and Challenges Improvement Plan*. Give participants time to complete and reflect.

8. If time allows, divide participants into pairs or small groups and display these discussion questions.

Q: Which of your strengths would be most valuable in a future job or internship? Why?

Q: Which challenge could hold you back if you don't improve it? How will you address it now?

Q: How could knowing your strengths and challenges help you in interviews, team projects, or leadership roles?

9. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or the following class.

10. Have participants complete *Post-assessment*.

WRAP UP

Character is at the heart of career readiness. Employers aren't just looking for technical skills — they want people who know themselves, can work well with others, and are willing to keep improving. By recognizing your strengths and challenges, you're building the foundation for career success.



New Mexico State University is an equal opportunity/affirmative action employer and educator.
NMSU and the U.S. Department of Agriculture Cooperating.

nm4h.nmsu.edu



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development



My Strengths

RESOURCES

NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 1.1.2: Demonstrate knowledge and skills in language arts required to pursue the full range of postsecondary education and career opportunities

CTE 2.1.9: Listen to and speak with diverse individuals to enhance communication skills

CTE 9.1.1: Identify and demonstrate the use of positive work behaviors and personal qualities needed to be employable

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-10. Plan education and career path aligned to personal goals

Optional ELA Alignment (Grades 6-12):

SL1: Participate in a range of conversations

Video Resources:

Personal Mastery - Find Your Strengths

https://www.youtube.com/watch?v=s_30jf4Zmlc

Strengths and Challenges

<https://www.youtube.com/watch?v=3Aem-dluC80>

Find Your Strengths and Discover What You're Amazing At

<https://www.youtube.com/watch?v=qxRBBvNWysU>

Know Your Strengths and Weaknesses - (Animated)

<https://www.youtube.com/watch?v=tmaxmmTkaR0>

The Science of Character

<https://www.youtube.com/watch?v=U3nT2KDAGOc>



New Mexico State University is an equal opportunity/affirmative action employer and educator.
NMSU and the U.S. Department of Agriculture Cooperating.

nm4h.nmsu.edu



BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development