

## StrengthsQuest Stories – Video Transcript

### **ALYSSA HOOVER**

My name is Alyssa Hoover and I am the chair for CARPOOL. My top five strengths are restorative, input, learner, context and achiever. My strengths fall into two fields: thinker and doer. I feel like they describe me really, really well because I like to take a step back from situations and think about everything that goes into it, and as soon as I make a decision, I like to act right away. I feel like it addresses me really well.

I think it's really good to have a word to reference your collective attributes. How I think about Strengths is like when you go to the doctor, and you go through your symptoms, and then they give you a word that addresses that syndrome, and then you all a sudden just feel better, and you understand it a little bit more. You have your word and a small little explanation about it, and you understand it more, and you feel like you can apply it better.

Learn more at [strengths.tamu.edu](https://strengths.tamu.edu).

### **JUSTIN VARGHESE**

My name is Justin Varghese. I'm also known as Jibby. I am a community director in Moses Hall which is a living learning community for the first year Aggie living experience. And I am also the advisor for RACE which is a peer to peer social justice diversity education group, encouraging respect and acceptance through support and education.

My top five strengths are WOO, activator, developer, includer and positivity. An activator, I love getting things done. I don't want to have my ideas just in the clouds. I really want to see or put feet to the dream. And then I'm also a developer, which I love, working with students and helping them and seeing that change happen from when they first get here at A&M to when they leave that first year.

Really, it brings out the best of who you are when you are trying to figure out "what am I good at." A lot of times we struggle to find our niche, and when I took the StrengthsQuest assessment, I was able to really see that come out and have that "Ah ha!" moment of, "Wow, yeah, I love working with people." WOO is exactly right, and I love winning others over and talking to them and getting to know them.

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### **BEN WELCH**

My name is Ben Welch and I am a clinical professor in the department of Management in Mays Business School, and also most recently served as the assistant dean of education in Mays Business School.

My top five strengths according to StrengthsQuest are those that involve positivity, I'm a learner. An individual who is involved with input, a developer, and an achiever.

In my profession, I work extensively probably about 95% of my time with executives that come to our university from around the world. We have had representation from over 80 different countries, and one of the things that I take great pride in, is in the relationships. That almost goes to the WOO factor with strengths of "winning others over" because what I want to do is develop relationships with them with my positivity of letting them know that we're here to help them progress as an executive, and the strengths definitely allow them to do that.

I think that all of us are searching for significance. We are each searching for what is it that we do well that differentiates us from another individual. And for anybody that's looking at doing Strengths, it's going to help you tremendously in a job interview when an interviewer asks you the question: Tell me what your strengths are. You can immediately focus on these 5 which will help differentiate you from somebody else that may be in that interview pool. It also helps you in your job search of saying "will I be able to use this skill if I'm a learner?", "is this going to help me in this profession if I'm a developer?", "if I'm somebody who is an analyzer?" Whatever it may be, its going to help you capture the right profession for you.

I would encourage you to learn more about Strengths by going to [strengths.tamu.edu](https://strengths.tamu.edu)