**Mapping Your Strengths**  
Adapted from www.strengthsquest.com

To answer behavioral-based interview questions successfully, use the SCROL Technique to highlight your strengths. Use the chart below to record a CONTEXT where you have used a strength, your ROLE in the context identified, the OUTCOME of using your strength and what you LEARNED. Refer to page 78 for more on the SCROL Technique.

<table>
<thead>
<tr>
<th>Strength</th>
<th>Context</th>
<th>Role</th>
<th>Outcome</th>
<th>Learning</th>
</tr>
</thead>
<tbody>
<tr>
<td>organized</td>
<td>organized my time to fit in studying, research and work</td>
<td>student</td>
<td>earned A's in all of my classes</td>
<td>I am able to apply what I learned in class to work</td>
</tr>
</tbody>
</table>

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