

July 1, 2009

## LaTonia's Strive Experience

I was asked to write a 250 word essay: what if anything I learn from Strive workshop? I grasp so much information from the Strive workshop; I just don't know where to begin. The first quality I learned was skills inventory, which taught me hard skills and soft skill. Hard skills are what you can perform and abilities. soft skills are abilities that an individual has developed. Examples of soft skills are being loyal; showing compassion and being a team player. The second quality I learned was ten things I can control myself; the few I have selected out of this list were; my actions, my associates and my diet.

The two important pieces of information that stuck out to me; how to market yourself and how to properly fill out a job application. Marketing yourself is what sets you apart from the other candidates and will be how you sell yourself to a prospective employer. I learned the commercial format that gave me the formula on how to state my name, education, overall years of work experience, relevant years of work experience, hard skills, transferable skills, soft skills and the closing. To gain such skills to help me memorize this commercial format, I had to think it, write this format ten times and verbally say it continuously.

Before I attended the Strive workshop, I was under the assumption that I was filling out a job application correctly. However I was improperly filling them out. I learned the correct format on how to fill out a job application. The proper format in filling out a job application is to read the entire application first, make sure not to leave any blank spots and fill in N/A when applicable, make sure to answer all the questions truthfully. because it is a legal document.

Strive Workshop has given me the confidence and skills that I will need for the jobs that I will be applying for. Thanks for the wonderful staff and their compassion to the group. I will use the Strive workshop skill for the rest of my life and be able to pass this knowledge on to others.