

### Strength Inventory

**Step 1:** Complete the inventory below. Circle or highlight the strengths you possess.

Interpretive	Interpersonal	Presentational	Intercultural
Use context clues.	Notice intonation.	Use circumlocution.	Observe interactions.
Use background knowledge.	Use non-verbal cues (e.g., emoji).	Memorize and practice short texts.	Compare practices across modalities.
Paying attention to key words.	Asking for feedback during conversation.	Use gestures/images to get point across.	Practice using idioms in specific contexts.
Asking clarifying questions.	Practice ahead of a conversation.	Evaluate your writing/recordings.	Participate in online communities in the L2.
Using genre to predict meaning.	Predict what will be said.	Outline or storyboard before creating.	Research cultural nuances and meanings.
Other _____	Other _____	Other _____	Other _____
Other _____	Other _____	Other _____	Other _____
	Learning Strategies	Affective/Emotional	
	Use semantic maps to improve retention.	Be courageous and willing to try.	
	Group new content by personally relevant themes.	Be an inquirer. Maintain an open disposition.	
	Use thinking routines to evaluate material.	Be resilient when challenged.	
	Practice consistently.	Laugh at mistakes.	
	Reflect and self-evaluate.	Develop/maintain a growth mindset.	
	Other _____	Other _____	
	Other _____	Other _____	

**Step 2:** Reflect. What is one time that you struggled as a language learner? For example...

- Not understanding a cultural norm
- Making a mistake and being embarrassed
- Struggling to remember new words or constructions)?

What ways could your strengths have helped you in that situation? Write your answer in the box.

**Step 3:** Set a goal. How will you use your strengths going forward when you encounter a difficulty? Write your answer in the box.

**Step 4:** Make a visual reminder of your goal. Put it somewhere to remind you of your strengths (e.g., in your notebook, on your desk at home, or in your phone) when the going gets tough!