



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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“WAYS TO HANDLE INSECURITIES”

From “Can You Relate? Real-World Advice for Teens on Guys, Girls, Growing Up and Getting Along by Annie Fox, M. Ed (Free Spirit Publishing, 2000)”



1. MAKE A LIST OF YOUR STRENGTHS

- ❑ You might include things like, “People know they can count on me,” or “I’m a good listener. Or you could list any special skills you have, like telling jokes, drawing, singing, playing sports, or being a good student.

2. MAKE A LIST OF YOUR WEAKNESSES

- Academics
- Dating
- Family Expectations / Home Life
- Self (Esteem-Identity-Worth)
- Social Relationships
- Others

- ❑ What traits are preventing you from being happy or self-assured? Forget about looks for a moment. Focus on personality traits that need work or skills you might improve on.
Examples: “I put off things until the last minute.”
“I don’t always tell the truth about how I feel.”

3. KEEP BOTH LISTS THE SAME SIZE

- ❑ If you think of **five weaknesses**, come up with **five strengths**.
If you have a hard time identifying your strengths, ask a parent or a trusted friend for suggestion.



4. REVIEW YOUR STRENGTHS

- ❑ How do you feel about them? Does the list include things you don’t usually give yourself credit for? If so, give yourself credit now. And think about how you can use these strengths more than you already do. Write down your ideas so you can turn them into goals.

“If you are unhappy with anything... whatever is bringing you down, get rid of it. Because you’ll find that when you’re free, your true creativity, your true self comes out.”

Tina Turner, Singer

5. REVIEW YOUR WEAKNESSES

- ❑ Identify the weaknesses you can live with for now, and think about the ones you want to work on.
Don’t tackle everything at once. Instead, choose one weakness and develop a plan of action.

Example: If you want to stop putting things off until the last minute, think of ways to get more organized about deadlines.

Maybe you can break a long-term project into several smaller steps. This way, you’ll be more likely to make steady progress toward your main goal. When you successfully complete one long-term assignment, you’ll feel more motivated to start the next one without procrastinating. Before long,



“I’m organized” might be one of your strengths.”