

DISC SELF-AWARENESS & ACADEMIC SUCCESS MAP

Name: _____

Natural DISC Style: _____

Use this worksheet to reflect on how your DISC style affects your academic approach. This will help you study smarter, collaborate more effectively, and play to your strengths.

1. STUDY PREFERENCES

What kind of study environment suits you best? Choose 1-2 that resonate most with you.

- ☐ Relaxed and peaceful
- ☐ Group-based, interactive, and social
- ☐ Focused and structured with a systematic plan
- ☐ Challenging, competitive, or working independently

Refer to your Natural style word sketch on page 17 of your DISC Profile report and look at the words associated with where you measure (the colored border for each style determines this). **Do you see any similarities between the environment/s you chose, and the words describing where you measure in your natural style?**

What motivates you to stay on track with your work?
(You can refer to pages 7-9 in your DISC report for ideas.)



2. CLASS PARTICIPATION

How do you typically contribute to class discussions? Choose 1-2 that resonate most with you.

- ☐ I jump in and direct conversations
- ☐ I prefer to listen and share when ready
- ☐ I like to ask questions or research before giving an answer
- ☐ I bring energy and ideas to the group

Give an example of where your way of contributing works well:

Can you think of an example where choosing another approach may help you achieve a greater outcome? **Give an example for each choice you didn't tick in your response.**

3. GROUP PROJECTS

What role do you usually take in a group? Choose 1-2 that resonate most with you.

- ☐ Director / Decision-maker
- ☐ Encourager / Team uniter
- ☐ Researcher / Organizer
- ☐ Big-picture ideas / Motivator

What challenges do you sometimes face in group work?

When beginning group work, what are some ways you could share with others to communicate or work best with you? *(Refer to the 'Communication Do's and Don'ts' of your DISC report.)*

Knowing your own DISC style, what can you do to work better with others who have a different style than you? *(Refer to Part II of your DISC report for ideas.)*

4. BUILDING ADAPTABILITY FOR ACADEMIC SUCCESS

What kinds of academic challenges do you find most stressful?

Choose 1-2 that resonate most with you.

- ☐ Shifting deadlines or lack of autonomy
- ☐ Vague instructions or lack of structure
- ☐ Fast-paced environments
- ☐ Conflicts or tension in group work

How might your DISC style influence how you respond to these challenges?

(Refer to page 10 for your behavior and needs under stress.)

What's one strategy you could try this semester if faced with this kind of challenge?

FINAL REFLECTION

One strength of my DISC style that I can use to succeed at university is:

One area I will intentionally work on this semester to build my adaptability is:

GROUP SHARE NOTES:

What have you learnt about the other DISC styles through listening to others in the group share activity? Make your notes here: