



About Me: A GUIDE  
FOR DISCUSSIONS AND  
RECOMMENDATIONS

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# A Note About YouScience

You've taken the YouScience online assessment, and you've learned a great deal about your own aptitudes and interests in detail. You've explored your language and picked the terms and statements that apply to the ways you work and think. Now you're ready to start talking to other people who can help you build and pursue your plan.

## This guide is designed to help you:

### **Talk with family**

to help them understand your aptitudes, and also your questions and decisions. You could use their support!

### **Talk with teachers and counselors**

to ask for their ideas and advice about how to pursue your goals. They've seen a lot: bring them onto your team.

### **Get recommendations**

for training programs, college, internships and jobs. The more your recommenders know about your strengths, the better they can promote you to those who don't know you yet.

## How to use this guide:

Read it yourself, then give this guide to your family, teachers and counselors. Give it to anyone you've asked to write recommendations for you: for school, job or internship applications. Encourage them to read it carefully. This guide explains your particular aptitudes and interests in a way that others can understand, and then better help you. Here's what this guide gives them:

### **TERMS THAT DESCRIBE YOU**

Words and phrases to use in resumes, letters, and essays

### **YOUR HIGHLIGHTS**

Statements about you and your aptitudes

Sure, they're helping you. But with this guide, you make their job a lot easier.

If you want more information about YouScience, visit [YouScience.com](https://youscience.com). For help with this guide, contact a YouScience Specialist at 844-YOUSCIENCE (844-968-7243) or email your questions to [support@youscience.com](mailto:support@youscience.com).

# Terms That Describe Me

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Here are some key words and phrases to use in letters, essays, resumes, and interviews.

**Team Oriented**  
**Brings Out The Best In Others**  
**Collaborative**  
**Socially Flexible**  
**Balanced Focus**  
**Goal Setter**  
**Strong Communicator**  
**Large Vocabulary**  
**Data-driven Strategic Thinker**

**Recognizes Numerical Trends**  
**Numerical Code Breaker**  
**Number Analyzer**  
**Visual Mind**  
**Concrete Idea Generator**  
**Three-dimensional Thinker**  
**Problem-solving Pacesetter**  
**Investigative**

**Solution Oriented**  
**Natural Planner**  
**Logical**  
**Methodical**  
**Idea Generator**  
**Improviser**  
**Quick To Respond**  
**Brainstormer**

# My Highlights

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Here's what I learned about myself. Use these statements to build recommendation letters, resumes, college essays, and as talking points.

## WORK APPROACH

- Collaborating with other people, especially as a coach or manager, rewards my natural talent for bringing out the best in others.
  - I enjoy a group effort toward a common goal, and I'm happy to do different jobs to contribute.
  - I have empathy for others and how my work impacts them.
  - It's shared success that pleases me.
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## INTERPERSONAL STYLE

- I'm flexible because I can enjoy spending time with other people or alone.
- I can do well in a group setting and with active interaction, but I also need time to recharge my inner battery.
- I'll do equally well in either small or large classes, but may need to spend time studying alone to recharge.
- I might hold back in a large crowd, but I'm selectively assertive and can easily assume leadership roles.
- I may come across as guarded when I'm first introduced to strangers, but I quickly open up as I come to know them.
- I can talk openly about a wide range of topics.

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## TIMEFRAME ORIENTATION

- I'm good at balancing between immediate needs and long-term goals. My flexibility and persistence are real assets.
- My natural sense of time keeps one eye on the present and one eye on the future.
- In a group effort, my time sense might help others stay steady and focused: I can nudge those who get stuck in the daily details and I can bring the dreamier planners back to earth.
- I'm good at working on incremental tasks to achieve my long-term goals. Assignments with deadlines aren't a problem for me.

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## SEQUENTIAL REASONING

- I can organize lots of information in my head and prioritize on-the-fly. It's easy for me.
- I'm naturally good at time management, planning, and presenting organized ideas to others.
- I'm good at fitting steps into a process, or activities into a schedule. I am a natural planner.
- Others rely on me to explain how systems work. I see the big picture.
- Because I can organize in my head with ease, I may not be accustomed to using organizational tools. This could trip me up when the problem or situation is complex or involves too many inputs.

## IDEA GENERATION

- I excel at promoting, explaining, improvising, and elaborating on ideas or concepts.
- I need creative environments where I'm valued for my ability to generate ideas.
- I can elaborate on-the-fly even if I don't know much about a topic.
- I rarely experience writer's block or difficulty expressing myself. As I practice and gain experience, I'll continue to hone this valuable skill.
- I like any job that moves quickly from project to project or demands new ideas all the time.
- I can feel bored and frustrated if all my ideas stay bottled up inside.

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## NUMERICAL REASONING

- I'm automatically aware of trends or patterns in numerical data.
- I'll excel in classes like statistics, finance, or business analytics.
- I can spot and project trends in numbers, I am natural for building strategies for the future based on the past.
- Give me a numerical puzzle to solve or a code to crack, and I'm in my element.

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## VOCABULARY

- My vocabulary makes it easy for me to communicate effectively with people from different backgrounds and with different interests and levels of knowledge.
- When I need just the right word, to say exactly what I mean, I have many, many precise choices at my fingertips.
- I have an extensive highly developed vocabulary.

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## SPATIAL VISUALIZATION

- I have the ability to visualize in 3D and to rotate solid objects in my mind.
- I'm a natural for work with concrete objects placed in physical space, like architecture, medicine, technology, design, engineering, carpentry, and sculpture.
- I'm happy doing projects that produce a tangible outcome.
- No matter what profession I choose, I'll enjoy hobbies and activities that use my spatial abilities.

## INDUCTIVE REASONING

- I often set the pace in a group working together to solve a problem. I rein in those who want to jump to conclusions and spur on those who want to drag their feet.
  - I can incorporate new facts into a decision with ease and flexibility.
  - When given the option, I prefer to weigh the known facts and ask questions before reaching a conclusion.
  - I'm good at admitting when I don't have all of the facts and trying to fill in the unknowns before making a decision.
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## VISUAL COMPARISON SPEED

- My visual radar catches most glaring errors so long as I don't move too fast.
  - I'm competent at handling paperwork and proofreading my own work.
  - Spellcheck is an important review tool for me to catch those minor errors.
  - I don't mind reviewing stacks of documents or keeping records notes.
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## TOP 3 AREAS OF INTEREST

**Investigative:** I like intellectual and theoretical tasks that involve experimentation, like Computer Science/Information Technology, Economics, Higher Education, Law, Medicine, Psychology/Psychiatry, Research, and Theoretical Sciences.

**Social:** I like helping and supportive tasks where I can have a positive impact, like Community Organizing, Academic Advising, Counseling, Teaching, Healthcare, Religion/Clergy, Social Work, Training, and Human Resources.

**Enterprising:** I like persuasive or competitive tasks that require high energy and risk-taking, like Activism, Business, Economics, Entrepreneurship, Event Planning, Fundraising, Hospitality, Insurance, Management, Politics, Real Estate, Recruiting, and Sales.