Strengths Activity:

After one has taken the StrengthsFinder Inventory, a good activity to do is a reflection that allows the individual time to get to know their own strengths. Have the individual consider the following:

- Describe each of your Top 5 Themes in your own words.
- Which of your Signature Themes describe you best?
- Which of your Signature Themes do you use most frequently?
- Were you surprised by anything in the report? If so, what and why?
- Which of your Signature Themes do you anticipate using the most in college? Why?
- With whom will you share your results?

If you have a large group, I would split the students into groups of two or three and have them discuss the questions. Then you can have each group report back the conversation and discuss it as a large group.

If the group is smaller (say under 12) it’s nice to have everyone share as a group.

Join Our StrengthsQuest Community!

If you have taken StrengthsFinder, please join our community. See the strengths of other faculty and staff at SJSU. So far 7 people have signed up. I would love to see all of us in the community.

- Go to www.strengthsquest.com
- Sign in as a returning user
- Click on the community tab
- Click on join a community
- Where it asks for the Community Invitation Code enter E2BEF89
- I will have to approve your request so be patient, but soon you will be able to see all the results.

Did You Know?

- There are 278,256 possible unique combinations of the Top 5 Strengths
- There is 1 in 33.39 million with the unique order of the Top 5 Strengths

Something Unique With Strengths?

Have you used your strengths or incorporated them into your job or the classroom? If so, we would love to hear from you and highlight your practices. The more we can share with each other, the more developed our strengths based campus will become. Join me in making a difference.