Strengths Activity:
(This can be done with or without having taken the StrengthsFinder Inventory. If your student has not taken the inventory, talk about his/her strengths in general and omit the Theme language.)

A good way to introduce strengths is by doing an activity called “At My Best.” This is also a wonderful icebreaker. You would ask your participants to complete the following statements.

- A time when I was at my best was . . .
- The best thing about me is . . .
- What I enjoy doing most is . . .
- The best time in my life was . . .
- The most fulfilling experience was . . .
- I earn my best grades when I . . .
- The best job or project I ever had was . . .
- The things I like best about myself are . . .

Once they’ve completed the statements, they would either share with small groups or with the class. I usually like them to share with a partner and then the partner can introduce them to the rest of the group.

After the sharing is done, I would have a discussion about how it felt filling out the statements and sharing them. We would discuss how the energy in the room grew. We would talk about when people are doing things they enjoy and/or are good at, they feel like they are in the “zone” and feel like they can accomplish anything. This is what we hope students can find by using their strengths in college.