Character Strengths

Due Date:

Purpose: Students will identify personal strengths by taking the VIA Character Strengths Survey on-line. Through self-awareness, they will be prepared to use their strengths in class to be successful at learning, as well as use the knowledge for self-assessment throughout the course.

Skills:

- You will complete a survey to identify your *signature strengths* (the top five of your character strengths) according to the VIA Character Strengths Survey.
- You will develop optimistic/positive thinking based on recalling and recording life experiences and making connections to your *signature strengths* on the list.
- You will exercise and develop stronger elements of well-being including confidence, self-worth, optimism, management of emotions, as well as a challenge perspective.

Task: *Positive Psychology* is a growing aspect of psychology that is changing the study of human behavior. Although it is rooted in the traditions and practices of the science, this new school of thought seeks to promote well-being by helping people identify their inner strengths and ways to use them in order to make life more meaningful. For this course, you are being assigned to complete the *VIA Inventory of Strengths*. After completing the survey (your results will be recorded by the institute for research purposes), record your top five character strengths. You are also advised to print out your identified character strengths or make sure you have electronic access to the results of you VIA survey.

Criteria for Success: Complete the survey and gain access to the list of twenty-four character strengths. Write down the top five strengths and write a paragraph relating to each of the character strengths.

Top 5 Character Strengths: Complete the survey by logging in at http://viacharacter.org. This will require you create a login and password. You may find this useful in the future. Record your identified strengths and their meaning:

1.

2.

3.

4.

5.

Self-Analysis: Write one paragraph about these character strengths as they are represented in you. When do they serve you best? How do they relate to your best talents? What surprises did this test bring you? You can use the back or attach to this.

Positive Events Recording

Due Date:

Purpose: The creators of the VIA Character Strengths Survey have found that the skillful application of character strengths can have a "significant positive impact on your life." Research has shown that using your character strengths can help you:

- Buffer against, manage, and overcome problems.
- Improve your relationships
- Enhance health and overall well-being.

Adapted from: VIA Institute of Character. (2017). Why do I need to know my character strengths? Retrieved from: http://www.viacharacter.org/www/Character-Strengths

Skills:

- Analyzing how events in your life are affected by character strengths.

Task: Students will identify three positive events during the week and relate each of these events to their top five character strengths from the VIA Character Strengths Survey.

Criteria for Success: Describe how three positive events in your life relate to your VIA Character Strengths survey. Success over the weeks should show variety in the events.

Event 1_____

_____

Character strength(s)_____

Event 2 _____

_____

Character strength(s)_____

Event 3_____

_____

Character strength(s)_____

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