StrengthsQuest helps you discover your strengths so that you can leverage your talents to help make you more successful in your life, academics, and career. Through this lesson students will learn their five talent themes, recognize how they have engaged them in the past and how they can be applied in the future.

**LEARNING OBJECTIVES**

Students will:
- Understand the concept of strengths
- Learn the importance of understanding others’ strengths for successful interactions
- Analyze how certain talent themes can foster success in educational and professional experiences
- Learn how all strengths can be applied in various settings
- Recognize that focusing on strengths leads to superior performance when compared to focusing on weaknesses

**CLASS PREPARATION**

Instructors:
- Review PowerPoint slides and have notes printed out with talking points
- Select one or more activities; the included activities are bolded
- Ask students to bring results to class

Students:
- Take StrengthsQuest and bring the results to class for participation in activities
- Meet with a Career Specialist at the Career Center to review your results

**STRENGTHSQUEST ACTIVITIES**

- **Included:**
  - First Reactions
  - Synthesis
  - Scavenger Hunt

- **Optional:**
  - Handwriting Challenge

(Please see the strengths.missouri.edu web site for additional activities)

**WRAP UP**

Find examples of where you can use your strengths going forward.

Make a plan on how to leverage your strengths more in your everyday life, academics, and career.

The lessons from today are very applicable to future interviews, resumes, and even group projects.

**POST ASSIGNMENTS**

Have students:
- Interview three people close to you about your top strengths and ask them for examples of when they have seen your strengths. Submit a two page report.
- Take a picture or short video of a time you have used a talent and describe it in detail.