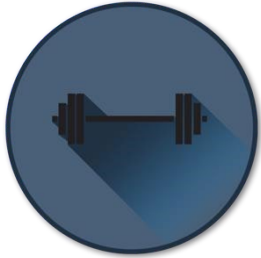


Discovering Strengths



Our journey this week will introduce us to the world of strengths-based perspectives on living and learning. We all have innate talents and strengths built into the core of who we are. Often, our culture can focus on meddling out our weaknesses, but research shows that an intentional focus on discovering and then developing our natural talents into strengths allows us to grow and be exponentially more effective. This is the “good to great” philosophy of development - that with careful cultivation of what is “good” in us through our strengths, we can reach much greater heights than if we only worried about improving upon our weaknesses. Focusing on our strengths can also cultivate a growth mindset, where challenges and failures become opportunities for learning and growth.



Your first task this week is to take the StrengthsFinder 2.0 assessment using the online access code provided with your textbook, StrengthsFinder 2.0. This assessment will identify your signature themes - your unique top five strengths. As you watch the presentations, read the textbook, and participate in the discussions, you will reflect deeply on what a strengths-based perspective on living and learning can mean for your life.

After working through the strengths resources, you will be ready to approach the first of three PASSport Essays. For Essay #1, you will reflect on the question, “Who am I?” Use your previous life experiences and the resources and lessons that you are learning in this class to write this reflective essay. “Who am I?” is a personal question, and part of the journey of discovery is taking the time to pause and think back on what has shaped you and why. In order to know how to move forward on the journey, it is important to know from where we have come.