

**FNDN 102 Personal Application Assignment** | Using Your Signature Strengths

**INTRODUCTION**We are all different and each of us has our own unique strengths and abilities. Discovering your strengths and utilizing them regularly in daily life can positively impact your ability to flourish. Scientific research shows that people who know and use their personal strengths:

1. Have greater life satisfaction
2. Experience less stress
3. Feel healthier and have more energy
4. Are more confident
5. Experience faster growth and development

\*Research for each of these claims (and more) can be found at: <https://high5test.com/strengths-based-approach/#strengthsfinder> [see METHODOLOGY & STRENGTHS RESEARCH TABS]

The two strengths-based measures that can be chosen from in this course are *The Values in Action Inventory of Strengths* (VIA-IS) (a measure based on character strengths - Peterson & Seligman, 2004) and Strengths Finder (a measure of talents - Rath, 2007). Though there are some methodological considerations of Forced-Choice based tests (see Chara & Eppright, 2012) over 60 years of research does indicate that spending more time in natural compententcies (rather than deficiencies) enhances a person’s sense of well-being.

**If you completed the Strengths Finder Assessment in FNDN 101,** you are already aware of some of your best character traits, attitudes or skillsets. If not, we have included tools for evaluating your strengths (see below in Part 1). The purpose of this assignment is to help you practice your strengths as a way of developing confidence and potentially contributing to the good of others.

Practicing and applying your strengths contributes to your flourishing in a number of ways:

 *Emotionally*: working in areas of strength can build confidence and positive emotion

*Spiritually*: using the gifts and abilities God can help build your relationship with Him

*Relationally*: using your gifts to serve others strengthens and may initiate new relationships

*Occupationally*: developing and honing your strengths for your future work

**PART 1 | Use your strengths**

Identify your top two strengths either by referring back to the results of your Strengths Finder Assessment in FNDN101 or by using the following online tools:

* <https://high5test.com/>
* [https://www.viacharacter.org/](https://www.viacharacter.org/www/)

Once you have identified some of your key strengths, make a list of several ways that you could exercise your top two strengths in small ways each day. For example, if your strength is teaching and you’re experienced in Photoshop you might commit to teaching one or two people on your hall some basics in the program on one of the days. If it’s creativity, take time each day to practice creativity, or try to find a creative approach to your next assignment (within the stated parameters, of course).

**For the next *five days*, do at least one thing each day (min. 10-15 mins)** that uses the strengths that you identified on your strengths finder assessment. At the end of each day, keep a journal entry of what you did to practice using one or more of your strengths. *Include that journal with your reflection (Part 2).*

**PART 2: Reflection**

After completing five days of using your strengths as per the guidelines above, review your journal entries and write a one-page reflection about your experiences by responding to the three questions below (one paragraph each):

1. Identify the top two strengths that emerged from your assessments and reflect on the results: Were you surprised by what emerged? Yes or No? Explain.
2. Briefly describe how you practiced your strengths and what you learned about yourself in the process. Describe any surprises, challenges or benefits that resulted.
3. Did the practice of your strengths involve serving others in any way? If so, briefly describe a highlight from your experience. If not, how did the practice contribute to your sense of confidence, flourishing, etc.?

**Formatting** Each reflection should be one page in length and APA format (typed, 12 point font size, New Roman Times font, double-spaced with one-inch margins). Please include a title page (there is a template on the Moodle site) and save your file as "First Name\_Last Name\_Strengths." Submit in Word™ or .pdf format.

**Strengths Finder log sheet**

|  |  |
| --- | --- |
|  | 1-3 signiture strengths per day Who, When. Where and Specific act or behavior.  |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |

**MARKING RUBRIC**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value (10)** | **MARK (10)** |
| Log submitted (5) | r including log in assignment (with minimal entries) | **1** | 1 |
| Log completed (5) | Quality of each day’s report  | **9** | 9 |
|  | subtotal | **10** | 10 |
|  |  |  |  |
| **REFLECTION** |  | **Value (35)** | **MARK (35)** |
| Questions answered | (3x1pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 2. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 3. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
|  | subtotal | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value (5)** | **MARK(5)** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  | subtotal | **5** | **5** |
|  |  |  |  |
|  | Total  | **50** | **50** |
|  |  |  |  |
|  | DEDUCTIONS (if applicable) |  |  |
| **COMMENTS** |  |  |  |