Achieving Academic Success Through Strengths

To help you determine how you can best apply your talents to achieve academic success, read the action items for “Applying Your Talents in Academics” for each of your five Signature Themes in your StrengthsQuest textbook. Specifically, look at the first two categories in each list, “General Academic Life” and “Study Techniques.” Identify one strategy you will commit to, and then answer the following questions.

Which theme did you choose to focus on?

What was the strategy that you chose to act upon?

What specifically did you do to make that strategy a reality?

What was the result of your actions?

In the weeks to come, commit to doing this activity anew each week. You may choose the same theme and a different strategy or, if you prefer, a strategy from a different theme altogether.
Facilitation Notes: Activity 3.5: Academic Action Items

Learning Outcome:

- Apply theme-specific strategies to achieve academic success.

Approximately 20-30 minutes

Activity Description:

In this activity, students continue to move from reflection and evaluation to application.

Ask students to read the action items for “Applying Your Talents in Academics” (StrengthsQuest, Chapter 7) for each of their five Signature Themes. Ask students to pay particular attention to the first two categories in each list: “General Academic Life” and “Study Techniques.”

Then, ask each student to identify one strategy they will commit to, and then have them answer the questions on the Achieving Academic Success Through Strengths Worksheet.

Alternatively, you can ask students to use the journaling function of the StrengthsQuest Web site to complete this activity. Click Journal from the homepage, and follow the directions to add, sort, print, or make an entry.

Supplemental Activity 3.A: Strengths in Action

This activity is best done using the StrengthsQuest Web site, although the hard copy checklists in the text could be used as well.

Ask your students to review the action items for applying talents in academics and check off those that they are already doing.

Debrief this activity by asking students why they think there are things they have already done. Discuss the concept of personal empowerment and of becoming your own best educator and learner (discussed in StrengthsQuest, Chapter IX, in the text).