**Strengths Quest Introduction: 15 minutes**

What is Strengths Quest?

* An assessment that helps you discover your talents! It will explain your top five talent themes, and suggestions about how you can use your talents to achieve academic, career, and personal success.
  + Uses positive psychology to focus on what is positive about someone, instead of focusing on weaknesses or deficiencies
  + Grounded in theory and research—has been revised over the years
* Why do we use Strengths Quest?
* We can learn about our personal talents, and how to apply those to working with others in a leadership role
* To engage in discussions with others about who they are, and better understand their talents and contributions to a group
* Focuses on how to develop talents you already possess, and how to be your authentic self

**Strengths Quest Online Assessment: 30 minutes**

* Remind students to email their results to their supervisor

**Activity: At First Glance-15 minutes**

* Activity on pg. 4A of packet
* Encourage students to thoroughly read through their report
* Tell students to begin completing as soon as they finish their assessment while reading through their report

**Debrief: 15 minutes**

* Allow students to debrief their At First Glance answers
* Allow students to ask clarifying questions about what certain themes mean

**Activity: Talent, Theme, Strength-15 minutes**

* Activity on pg. 7A of packet
* Review answers and clarify any confusing questions or terms

**Activity: Show off Your Strengths!-30 minutes**

* Activity on pg. 5A of packet
* Inform students strengths will be displayed during training
* Explain how strengths will be continuously incorporated into training and Connections through further activities, discussions, and reflection