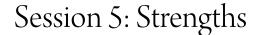
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Gateway's Pilot Year

Gateway Seminar

9-5-2017



Shelly Mumma St. Norbert College

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Session 5: Strengths

To Print/Prepare Before This Class Session

- 1. Each person's results (will be provided by the LSE Office)
- 2. <u>Handout</u> for the activity
- 3. Carbonless form for reflective writing exercise (provided by the LSE Office)
- 4. Handout with all 34 Themes (brief descriptions) provided for those that didn't complete StrengthsQuest
- 5. <u>PowerPoint slides</u>

Person responsible for developing this session: Shelly Mumma

- 1. Session Title: Strengths
- 2. Session Date: Tuesday, September 5, 2017
- 3. Plenary or Small Group? Small Group
- 4. Learning Outcomes
 - a. Demonstrate interpersonal skills consistent with student success.
 - b. Students will gain an understanding of their top 5 Signature Themes.
 - c. Students will begin to recognize how those themes play out in their lives.
 - d. Students will understand that their Signature Themes can be developed into strengths.
- Other Goals, if applicable (these are goals not directly connected to student learning e.g. forming group cohesion or identifying which students may be struggling to transition.)
 - a. Students will get to know each other better
- 6. **Brief Narrative** describing the session (3 5 sentences offering the leaders a general sense of what will take place on this date.)

You will provide each student their CliftonStrengths report, help them connect their top 5 Signature Themes to their actions, and work with them to think about ways to continue to develop each theme at St. Norbert College. There will be a mix of time to read their report, interact with each other and wrap up with a reflective exercise that you will collect and use when you meet with the students one-on-one.

7. Lesson Outline

- Go around the room and have everyone share one thing that they think they're really good at *(approximately 15 minutes)*
- Hand out their results. Have students read their report.
 - Have them underline where they see things with which they identify, circle items that they think are not true. (This will help them to engage with the reading.) (approximately 10 minutes)
- Connect opening question with what they read about in their results (*approximately 3 minutes*)
 - Ask the students, "What themes do you see playing out in what you talked about?"
 - Have students turn to a person you're seated next to and discuss this question.
- Share introductory information regarding the StrengthsQuest assessment. Utilize <u>Powerpoint</u> slides. There is supplemental information supplied in notes section on slides. (5 minutes)
- Activity (approximately 10 minutes)
 - Talk with someone who has a strength in common with you. How is it similar to how you use it? How is it different?
 - Students will need to talk to 3 different people about this.
 - <u>Handout</u> located in team drive folder
- Reflective Writing Exercise (approximately 10-15 minutes)
 - Handout out carbonless forms that we'll provide.
 - Have students write name and their top 5 themes and answer this question.
 When completed, they'll tear apart the carbonless form and hand you the white (top) copy. They'll keep the yellow copy for themselves.
 - Choose 2 of your signature themes and describe how, if you develop them well, they can help you be successful at St. Norbert College? (for example, in your classes, co-curricular experiences, friendships, etc.)
- 8. **Background Information** for facilitators, if applicable (short readings, links to relevant websites, videos, etc.)
 - a. Read your own results and be prepared to share your own story about how you see yourself using your themes.
 - b. <u>Master's thesis</u> from University of Nebraska-Lincoln about how students use their strengths
 - c. <u>Compiled tips</u>, etc. from SNC presenters