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Session 5: Strengths

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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. [Handout](#) 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. [PowerPoint slides](#)

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.
5. **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 [Powerpoint](#) 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.
 - [Handout](#) 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. [Master's thesis](#) from University of Nebraska-Lincoln about how students use their strengths
 - c. [Compiled tips](#), etc. from SNC presenters