Basic information about CliftonStrengths for Students

- Everybody has strengths: the innate traits and abilities people use in their daily lives to complete their work; to relate with others; and to achieve their goals.
- Decades of Gallup research uncovered 34 strengths that exist at some level within everyone. But, each person has "signature strengths," which dominate their actions and behaviors.
- Grounded in positive psychology – Societally, we tend to focus on weakness. What can we change? What needs to be fixed? What was my worst grade?
- You receive your top 5 strengths. The research shows we actually stretch into our top 8-10 strengths. They only give us the top 5 because the research also shows that we only remember 5. The order in which they appear on your report is from strongest to least strongest.
- If you can see a connection between what you would love to do and your Signature Themes, and if you can see a connection between your sense of destiny (what you were meant to do) or what you are called to do and your Signature Themes, then focusing on fully developing and learning how to apply your Signature Themes should be one of your highest priorities. A person’s talents hold not only the key to achieving and achieving to levels of excellence; they also hold the key to doing and being what they would love to do and be.
- Talents are like muscles. If you exercise a muscle, you can make it stronger and more powerful. Also, with proper exercise, you can make a muscle react faster and be more responsive. Finally, with proper exercise you can make a muscle more flexible and more agile.
- The same is true for talents. If you properly develop your talents, you can make them strong. Likewise, if you properly develop your talents, you can make them faster and quicker to respond. And, if properly developed, you can make talents more flexible and able to be applied in a variety of situations.