**Assignment for Dr. Ahmadi’s SEAS 101 Class – Due before Class, 9/6/2019**

**My Strengths and How I Use Them**

I. **List Your Top 5 Signature Themes and describe each strength in your own words** (1-2 sentences)

(e.g., Harmony: I am a peace-loving person who looks for consensus in group interactions; I seek to find common ground, areas of agreement; I don’t enjoy conflict).

**Strength 1**

**Strength 2**

**Strength 3**

**Strength 4**

**Strength 5**

**II. Provide at least 2 examples of what each strength enables/empowers you to do** (e.g., Help others work together even more productively; promote emotional stability and calmness in the group.)

**Strength 1**

**Strength 2**

**Strength 3**

**Strength 4**

**Strength 5**

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**III. When and where did you recently use this strength? Select at least 2 strengths and 2 examples** (e.g., Used during a team project – describe how harmony helped the team complete the project and meet goals; used as a camp counselor – describe how you used to help campers handle conflict, work in teams)

**Strength 1**

**Strength 2**

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**Note:** To complete this assignment and better understand your talents and strengths, please review your results: *Signature Theme Report* and *Strengths Insight Report*, and review the Resources section on the gwu.gallup.com site after you complete the assessment. Bring with you to Class on Sept. 13, 2019.