

CRITICAL THINKING EXERCISE 2.1

VIA Youth Inventory Personal Assessment

Concept

The students will take the VIA Youth Inventory in order to identify their strengths and connect their strengths to examples in their own lives.

Units it could embed into

Personality, or this could be a stand-alone assignment

Learning Targets

1. Students will identify their personal character strengths through their participation in a psychometrically-validated personality assessment.
2. Students will be able to apply what they have learned about their own character strengths to an analysis of their personal well-being.

Materials

VIA Strengths Youth Inventory found at: <https://www.viacharacter.org/survey/account/register#youth>.

Handout CTE 2.1: "VIA Youth Inventory Personal Assessment"

Computer and Internet access

Time

45 Minutes

Instructions

1. Background: The VIA Strengths Inventory was developed by Christopher Peterson and Martin Seligman. It is the only free "psychometrically validated personality test that measures an individual's character strengths" ([viacharacter.org/about](https://www.viacharacter.org/about)).
2. Share the purpose of this inventory with the students: The purpose of taking this assessment is to identify your strengths and explore how you can use them to tackle life's challenges and increase your sense of well-being.
3. Students take the online inventory and complete [Handout CTE 2.1 "VIA Youth Inventory Personal Assessment."](#)

See also [Lesson Plan: VIA Character Strengths](#) for a different variation of this activity.

HANDOUT CRITICAL THINKING EXERCISE 2.1**VIA Youth Inventory Personal Assessment****Learning Targets**

1. Identify personal character strengths using a psychometrically-validated personal inventory.
2. Explain how your own strengths have contributed to your well-being.

Directions

Access the VIA Youth Inventory to learn more about your personal character strengths.

- Access the following website: <https://www.viacharacter.org/survey/account/register#youth>
- Choose the **VIA Youth Survey for Ages 10-17**.
- Complete the registration information beneath the blue tab.
- Begin the survey. It will take between 15-20 minutes to complete.
- When your survey is complete, you will access the FREE Character Strengths Profile.

Student Analysis

Complete the following tasks for each of your signature strengths; identify and define each strength and describe a specific situation in which each strength has helped you in the past. Please use a different situation for each strength.

Name of Strength	Definition: Define each strength in your own words.	Application: Describe a situation in which your strength helped you.

Individual Reflection

Now that you have determined how your strengths have helped you, it is time to explore the effect that your strengths have on other people. Choose one of your strengths and explain the effect your strength has had on someone else.