



**Getting to Know  
Me: Personality  
Strengths**



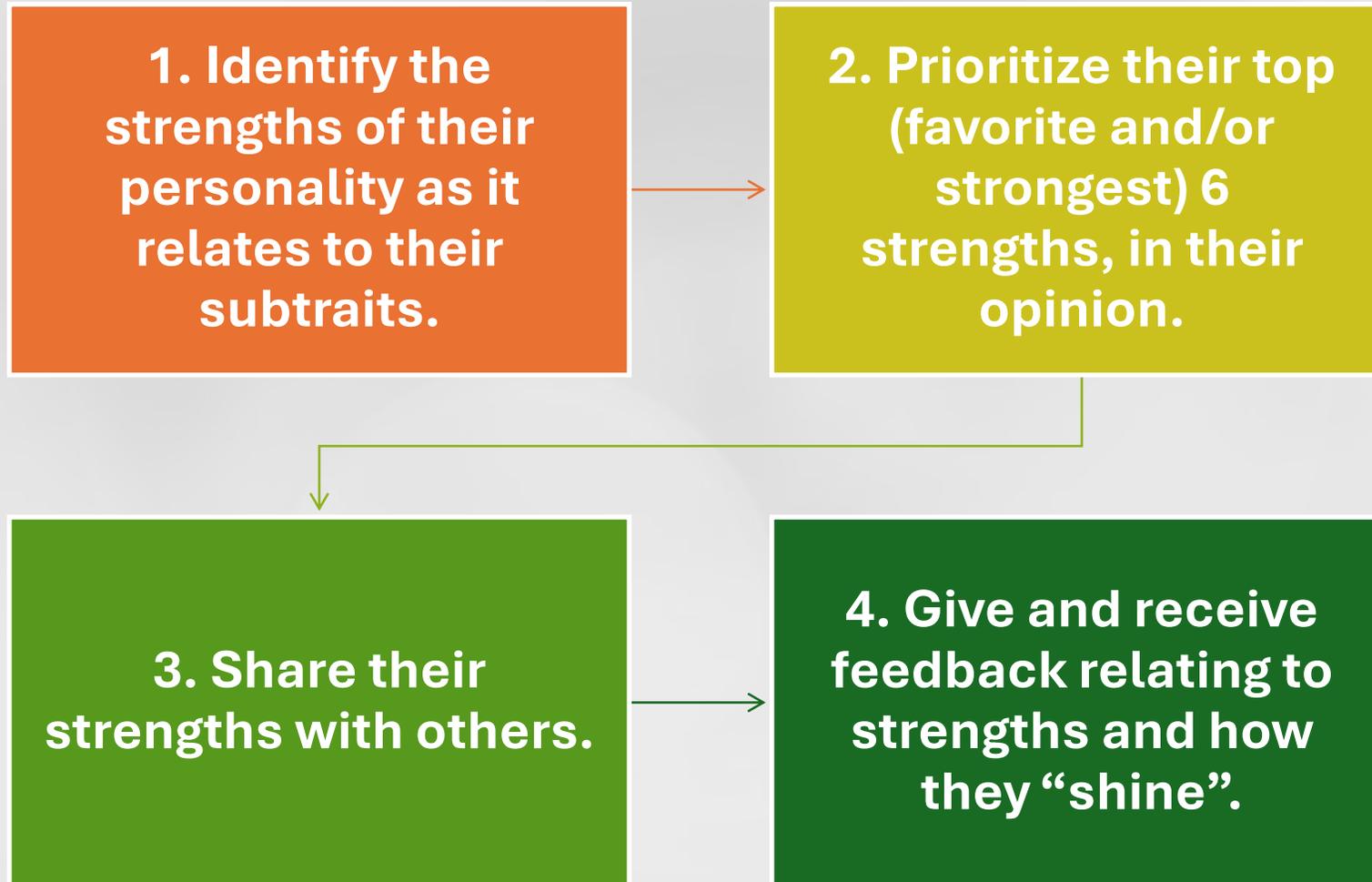
# Objectives: At The End Of This Activity, The YES! Student Will Be Able To:

1. Identify the strengths of their personality as it relates to their subtraits.

2. Prioritize their top (favorite and/or strongest) 6 strengths, in their opinion.

3. Share their strengths with others.

4. Give and receive feedback relating to strengths and how they “shine”.





# Introduction

- **Begin by discussing the importance of self-awareness and understanding one's strengths.**
- **Explain that everyone has unique strengths that make them special.**

# The Process

## **1. Strength Exploration (Brainstorming Strengths)**

- **Divide the class into small groups.**
- **Ask each group to brainstorm a list of strengths they possess.**
- **Please encourage them to think about their talents, skills, and character traits**

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# The Process: Sorting Strengths

## 2. Sorting Strengths

Have each group sort their list of strengths into categories.

## 3. Prioritizing Strengths

- Ask each student to choose their top 3 favorite or strongest strengths from their group's list.
- Have them write these strengths on sticky notes.



# The Process: Feedback and Reflection

## 6. Giving and Receiving Feedback

- After all groups have presented, open the floor for constructive feedback.
- Encourage students to share their observations about their classmates' strengths and how they have seen those strengths shine.

## 7. Reflection

- Ask students to reflect on the activity and discuss:
  - What they learned about themselves and their classmates
  - How they feel about their strengths
  - How they can leverage their strengths to achieve their goals



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# Feedback Exchange

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Guide students through a structured feedback process, using prompts like:

1. "What are some specific examples of how you've seen [student's name] demonstrate their strength of [strength]?"
2. "How does [student's name]'s [strength] positively impact others or contribute to the group?"
3. "Are there any areas where [student's name] could further develop or utilize their [strength]?"

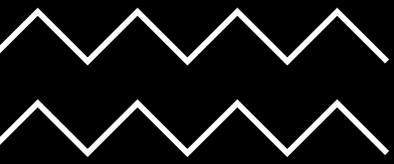
# Closure



**Encourage students to reflect on the activity and the insights they gained about their strengths.**



**Discuss the importance of recognizing and leveraging personal strengths for personal and professional growth**



**By following these steps, you can create a fun and engaging activity.**

- **that helps students discover their unique personalities and build self-confidence.**
- **Adapt the activity to suit the age, developmental level, and learning style of your students.**
- **Consider incorporating interactive exercises, group activities, or multimedia presentations to enhance engagement and learning**



## Recommendations for Improvement

- 1. Provide additional resources:** Offer supplementary materials, such as articles or videos, to help students learn more about their strengths.
- 2. Foster a supportive environment:** Create a safe and encouraging atmosphere where students feel comfortable sharing their thoughts and experiences.
- 3. Encourage self-reflection:** Prompt students to reflect on how their strengths can be applied to various situations, such as academic, personal, or career goals.
- 4. Consider follow-up activities:** Explore opportunities for students to practice using their strengths in real-world contexts or to set goals related to their strengths development.

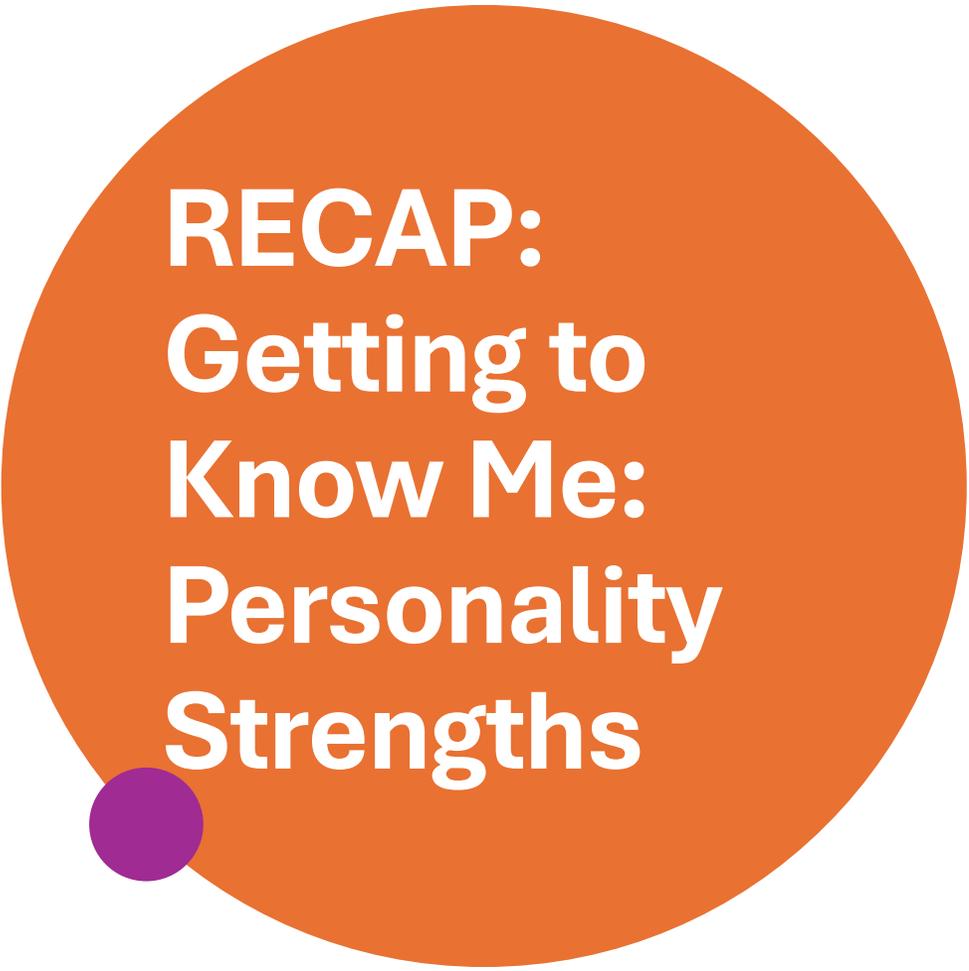
# Supplies/Materials/Resources

- Large sheets of paper or poster board
- Markers or colored pens
- Sticky notes
- Pens/pencils
- Paper or notebooks
- Whiteboard or flipchart





# RECAP: Getting to Know Me: Personality Strengths



- **Use Strengths list from the User's Summary Report**
- **Review the strengths list on each of your six personality pages. Prioritize your top 6 strengths.**
- Break into groups of 2-3 and share your strengths with your peers.
- Have the other members give feedback by saying "Then you would be really good in this situation..." or "I have seen this in you when.."
- **As part of the same activity, or keeping the same group and extending it, or to kick off a Personality Day 2:**
- One at a time, have a student ask another "Tell me about yourself." The student being asked responds with a personality strength

# Scavenger Hunt

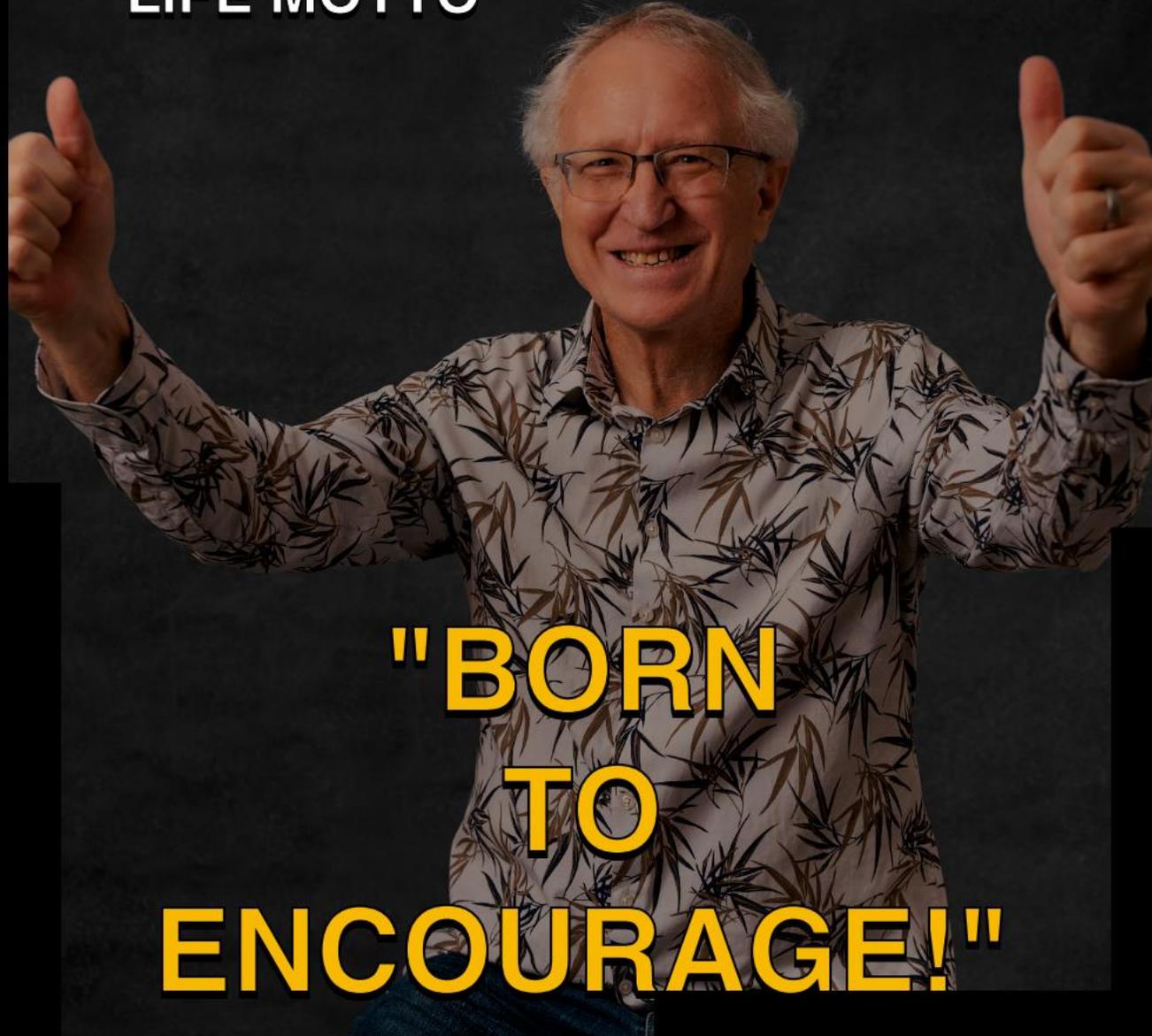


**1) What is your favorite personality trait (that you have)?**

**2) Give an example or tell a story of how one of your personality traits makes you shine.**

**(Summarize with a title or phrase.)**

**DR. MARIO DENTON**  
**LIFE MOTTO**



**"BORN  
TO  
ENCOURAGE!"**