

The task: Learning about your strengths

1. Do the VIA Character Strengths Survey

- a. This survey is free and has been very much used within research on positive psychology. You have to register to take the survey but this is a reliable organization so don't fear any spam.
- b. Note that there are over 40 language options (including Finnish and Swedish) so check if it's available in your native language
- c. The survey takes approximately 10 minutes to fill in
- d. The survey can be found here:
- e. <https://www.viacharacter.org/www/Character-Strengths-Survey>
- f. Note down your results and what are your 3-5 highest strengths

2. Do the Reflected Best Self Exercise where you ask for feedback from 4-7 individuals

- a. Reflected best self is an exercise where your task is to ask for feedback about your strengths
 - b. Identify 4-8 individuals who know you well
 - i. They can be one of your parents, your good friends, your school mates, your sports coach or team mates, or anybody else
 - ii. It would be optimal to pick people who know you in different roles (one from family, one from school, one from hobby, etc.). But you can also ask several people from same context
 - c. Ask these people to think about what is your key strength
 - i. Ask them to write down that strength and a specific example of a situation where this strength was particularly visible
 - ii. Ask people to write about at least one strength. If they want, they can write about two or three, but one is also good!
 - d. You might feel uncomfortable to ask for this kind of feedback. But people usually are surprisingly willing to write such a short story. Also, it typically doesn't take more than 5 minutes of their time. And gathering such stories from several people can give you significant insights about how others see your strengths.
 - i. Also, you can note that this is not just your own idea, but something you have to do for course work. This might also make it easier to ask! 😊
 - e. I recommend asking people to give the feedback by Wednesday evening, so you can then remind them on Thursday, to get it before Friday.
3. Please upload your signature strengths and the stories you received to MyCourses as one file before Friday 25th Jan at 13.00. Take a copy with you to the gathering.

Note: Due to the short time span between announcing this task and the time you should get the feedback from people around you, you can submit the feedbacks in two files. *One* returned before the deadline that includes all the feedback you have received up till that moment. *Another* returned within a week afterwards that includes any feedback you received after the deadline. Yet, given that this should not take a long time from those around you, encourage them to give feedback as soon as possible.