

Starting a Strengths-Based Conversation

1. What are your top five strengths?
2. What were your thoughts when you read the description of your strengths? What rang true? What surprised you?
3. How are you using your strengths in your life? Think about school, work, personal life.
4. Do you have an example of how you used your strengths this week?
5. What are ways you can use your strengths in school? In co-curricular experiences? (you may want to suggest opportunities where students can use their strengths....undergraduate research, leadership in clubs and organizations, etc.)

Continuing a Strengths-Based Conversation

1. How do you apply your strengths to your learning and academic work?
2. What do you seem to learn easily? Does this have a connection to your strengths?
3. What is your favorite type of assignment? How do you use your strengths in completing assignments?
4. What are academic tasks that are difficult for you? Can your strengths help you with your academic or personal challenges?
5. What strengths can you put to better use in your life?

Adapted from: Dr. Joanne C. Conlon, Certified Strengths Coach