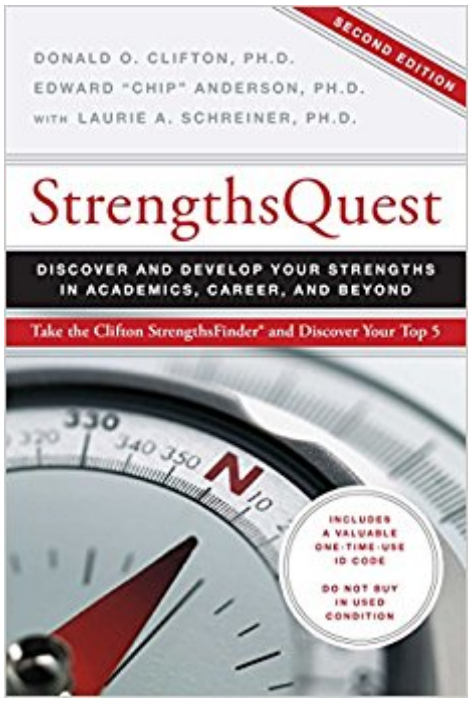
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# Strengths Quest: Discover And Develop Your Strengths In Academics, Career, And Beyond




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## Synopsis

Students who use their natural talents achieve the most --- but they need to know what those talents are. StrengthsQuest includes the Clifton StrengthsFinder, an online assessment that reveals studentsÃ¢â ¬â„¢ top five themes of talent. And StrengthsQuest also helps students make the most of those talents.Students and learners of all ages continually face the challenges of gaining direction, making decisions, and building self-confidence. Fortunately, the keys to successfully meeting these challenges Ã¢â ¬â • your own natural talents Ã¢â ¬â • already exist within you. Through these talents, you will produce your greatest achievements.  Over the course of 30 years, Gallup conducted millions of psychological interviews and identified 34 themes of talent that are indicative of success. In the StrengthsQuest program, Gallup offers you the opportunity to discover talents from your top five themes and build on them to achieve academic, career, and personal excellence. More than 100,000 students have benefited from the program.  Your quest starts with the Clifton StrengthsFinder, a 30-minute assessment that reveals your top five themes of talent. This online assessment is your entryway to a variety of experiences that will help you discover your greatest talents and develop strengths. YouÃ¢â ¬â„¢ll gain access to action items specific to your top themes, covering general academic life, study habits, relationships, and career. YouÃ¢â ¬â„¢ll also be challenged to think about applying your talents for success in other settings, such as on projects and teams and in leadership.  StrengthsQuest was written by the late Donald O. Clifton, who was the former chairman of Gallup; coauthor of the bestseller Now, Discover Your Strengths; and recognized as the Father of Strengths-Based Psychology and the late Edward Ã¢â ¬Å“ChipÃ¢â ¬Â• Anderson, who taught education, psychology, and leadership at UCLA and Azusa Pacific University. Revised portions of the text were written by Laurie A. Schreiner, who has taught psychology and higher education at Azusa Pacific University and Eastern University.  Your quest starts with the Clifton StrengthsFinder, a 30-minute assessment that reveals your top five themes of talent.  This online assessment is your entryway to a variety of experiences that will help you discover your greatest talents and develop strengths. YouÃ¢â ¬â„¢ll gain access to action items specific to your top themes, covering general academic life, study habits, relationships, and career. YouÃ¢â ¬â„¢ll also be challenged to think about applying your talents for success in other settings, such as on projects and teams, and in leadership.  StrengthsQuest was written by the late Donald O. Clifton, former chairman of Gallup, coauthor of the bestseller Now, Discover Your Strengths, and recognized as the Father of Strengths-Based Psychology and the late Edward Ã¢â ¬Å“ChipÃ¢â ¬Â• Anderson, who taught education, psychology, and leadership at UCLA and Azusa Pacific University. Revised portions of the text were written by Laurie A. Schreiner, who has

taught psychology and higher education at Azusa Pacific University and Eastern University.

## Book Information

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## Customer Reviews

Donald O. Clifton, Ph.D. (1924-2003) was past chairman of Gallup and coauthor of the national bestseller Now, Discover Your Strengths and other books. He was named the Father of Strengths-Based Psychology by the American Psychological Association.

This book and the assessment that come with it have been surprisingly helpful in my personal development. This book is not based on advances in science, and should be taken with a bit of a grain of salt, but the strengths I was said to have and their descriptions seemed to fit exactly what traits I thought/want to have (except they described them even better than I could). As this is an external assessment, the validation that I do indeed display these traits was surprising! As it goes on to list these as strengths, not just traits, and then informs you how to utilize them, I realized that these innate traits of mine could seriously be helpful in numerous situations (professional, emotional, etc)... and once I actually started improving on them and confidently displaying them (as they are strengths, not just traits), my professional growth exponentially accelerated and I became an overall significantly more confident person. I now realize my own abilities and proudly display and make use of them, knowing the power of my own strengths.

The book is ok, but when you are buying a book with a one time use code, make sure you are

buying the book new and not used. If the book is used the code will not work and you will have to reorder another (new) book.  should not offer rentals for books with codes inside.

For the first time student on a college level, Strengths Quest is a very good tool to have. The book and its associated personality analysts gives the student areas to focus. It is one thing to have estimated good traits and try to force one's attention to these areas often going upstream against the current, but it is much more effective to go with the flow of one's strength. The book explains this idea well.

This book is very well organized. When taking notes, I had no problem trying to find exactly what I needed. Keep in mind the used ones don't have the online access code unless it's implied, and they're usually a LOT more spendy. Be aware!

Thank you

Bought it for a class I was taking. Just keep in mind that if you buy the book used, you will have to go to their website to purchase a one time use to take the StrengthsQuest test. You will need to take it more than likely since the book (and probably your class) is dependent on you using your results to go through the book.

This is my favorite book and it really gave me insight on my strengths. It seriously read my mind.

You can get much of this info online, didn't really need to buy the book

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