



## ETD Claiming Your Strengths Student Instructions

Your class has partnered with the Effective Team Dynamics Initiative at Georgia Tech to provide teamwork training. Complete the activity below to learn your top 5 Gallup Strengths and get a deeper understanding of your unique strengths report. This will aid you in developing a common language to discuss knowledge, skills and strengths within the team and understanding different ways individuals can influence and contribute to the team.

### 1) Claiming Your Strengths Activity

**A) Take the CliftonStrengths assessment.** Use your individual Access Code (sent via email) at [www.strengthsquest.com](http://www.strengthsquest.com) and sign up for an account using your school email address. Take the assessment that takes 25-30minutes to complete.

**B) Watch this 5-minute video** to learn more about Claiming Your Strengths: [Video Link](#)

**C) Complete the highlighting strengths report activity** (described in video) that should take you about 10-20 minutes. [Highlight words and phrases in your strengths report that specifically resonate with you.]