



ETD My Mindset Student Instructions

Your class has partnered with the Effective Team Dynamics Initiative at Georgia Tech to provide teamwork training. Follow the steps below to complete two short activities that 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

A) Complete the CliftonStrengths assessment. Use your individual Access Code (sent via email) at 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 and do the highlighting strengths report activity that should take you about 10-20 minutes. [Highlight words and phrases in their strengths report specifically resonate with them.]

[Video Link](#)

2) My Mindset

A) Watch the 5-minute video instructions.

[Video Link](#)

B) Download the [Effective Team Dynamics App](#) (available for iOS or Android). Use the “My Mindset” button in the App while you complete the worksheet activity below.

NOTE: that if you have an iPhone in DARK MODE, you must change it out of dark mode for the APP to work properly.

C) Complete Activity: [worksheet can be found here](#). This should take you about 5-10 minutes to complete.