

ABC 2023 My Favorite Assignment: Springboard from Strengths to Star Communicator

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The Assignment

Instructions to Students

1. Take the VIA strengths assessment at the following website: <https://www.viacharacter.org/personality-assessments>
2. Save screenshot of your results. You need a screen shot (JPEG) of the results of your top 5 VIA strengths to insert in your assignment, so save that on your computer.
3. Create a short video (2 min.) OR slide show with audio with the following information:
 - A. Describe your top five strengths and *how your strengths relate to communication skills.
 - B. For example, leadership requires skills in encouraging others and motivating them to work in collaboration to achieve goals.
 - C. Describe how you might continue to refine your communication skills and apply some of your top strengths in support of your career goals.
 - D. Be sure to include your screenshot of your personal results.
4. Read "[A Non-Designer's Guide to Creating Visually Captivating Presentations](#)".
5. By Thursday at 11:59pm, submit your PDF presentation or the URL of your video presentation (e.g., on YouTube or Vimeo) to the discussion board.
6. Choose at least three of your classmates' self-assessments and provide feedback. What did you like about their story?

Assignment Grading Criteria

Personal Development: VIA Strengths Rubric

Criteria	Ratings			Pts
This criterion is linked to a Learning Outcome Self-Assessment	10 to >7.0 pts Proficient Self-assessment was completed and included all top five strengths were described in terms of how they related to communication skills in detail.	7 to >6.0 pts Acceptable Self-assessment was completed but only 2-3 strengths were described in sufficient detail in how they related to communication skills.	6 to >0 pts Unacceptable Self-assessment was not completed or included OR strengths were not described OR strengths were described but not connected to communication.	10 pts

Personal Development: VIA Strengths Rubric

Criteria	Ratings			Pts
<p>This criterion is linked to a Learning Outcome Presentation of VIA Strengths Results</p>	<p>5 to >4.0 pts Proficient Content is well-organized and the student clearly explains how strengths might be further developed and how strengths apply to career goals. This explanation may be communicated in part through use of graphics and images. APA citation is included for any images not created by the student (e.g., photos taken by the student do not need to be cited)</p>	<p>4 to >3.0 pts Acceptable Content is generally well-organized and student explains how strengths might be development and somewhat describes how strengths might apply to career goals. This explanation may be in part communicated through use of graphics and images.</p>	<p>3 to >0 pts Unacceptable Content is not well organized and does not address how strengths can be further developed OR does not address how strengths might apply to career goals.</p>	<p align="center">5 pts</p>
<p>This criterion is linked to a Learning Outcome Presentation Design Succinctness; think impact; consistency of design, color, and format; color selection; recording</p>	<p>5 to >4.0 pts Proficient The presentation is created very well, considering the following best practices: Pleasing to the eye, did not cram in too much information and/or too many colors, fonts, graphics, or content. Coherent design, color, and format. Excellent use of color and images</p>	<p>4 to >3.0 pts Acceptable The presentation is generally created well per the following best practices: Has a few too many fonts, colors, graphics, or content. Design, color, and format somewhat inconsistent. The design is only slightly coherent.</p>	<p>3 to >0 pts Unacceptable The presentation is not created well or only partially created well per the following best practices: Has too many fonts, colors, graphics, or content. Inconsistent with design, color, and format. The design is not coherent.</p>	<p align="center">5 pts</p>

Personal Development: VIA Strengths Rubric

Criteria	Ratings			Pts
This criterion is linked to a Learning Outcome APA, Grammar, and Mechanics	5 to >2.0 pts Proficient The assignment consistently follows APA guidelines for writing skills, formatting, citing, and referencing sources. The assignment contains no notable spelling, grammatical, and/or other errors.	2 to >0.0 pts Acceptable The assignment follows APA guidelines for writing skills, formatting, citing, and referencing sources. The assignment has few spelling, grammatical, and/or other errors.	0 pts Unacceptable The assignment does not consistently follow APA guidelines for writing skills, formatting, citing, and referencing sources. The assignment has many spelling, grammatical, and/or other errors.	5 pts
Total Points: 25				

References

- Bono, L. K., Gurenlian, J. R., Stephenson, C., Williams, R., & August, J. (2023). Utilizing CliftonStrengths® to Increase Professional Development in Dental Hygiene Students. *Journal of Dental Hygiene*, 97(1), 43–55.
- Littman-Ovadia, H., Lavy, S., & Boiman-Meshita, M. (2017). When theory and research collide: Examining correlates of signature strengths use at work. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, 18(2), 527–548. <https://doi.org/10.1007/s10902-016-9739-8>
- Peterson, C. & Seligman, M.E.P. (2004). *Character Strengths and Virtues: A Handbook and Classification*. Washington, D.C.: APA Press and Oxford University Press.
- Rath, T., & Conchie, B. (2008). *Strengths based leadership : great leaders, teams, and why people follow*.