

Understanding Strengths



A talent is when you are naturally good at a specific activity, but a strength is when you are able to regularly show very good performance in that activity. It's like you are always good at that activity. To build a talent into a strength, you need to really practice hard and build your skills over time.

Use the resources below to assist your students to build their knowledge and understanding of their own strengths.

Resources

[Strengths Self Assessment Ages 4 and Up](#)

[Strengths Self Assessment Ages 7 and Up](#)

[Strengths Self Assessment Ages 9 and Up](#)

[Student Self-Assessment Ages 11 and Up](#)