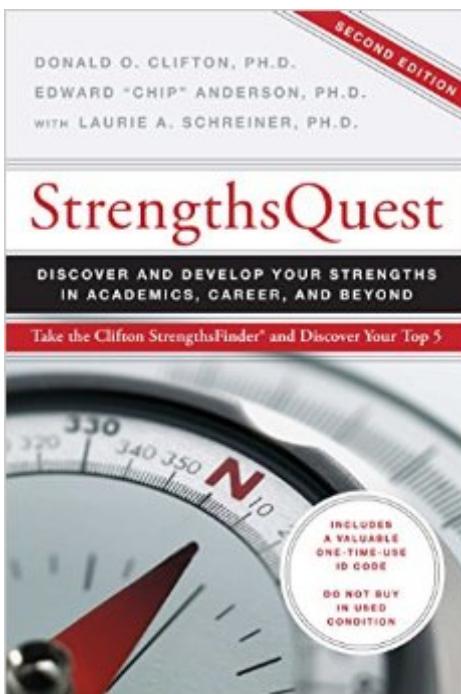


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# Strengths Quest: Discover And Develop Your Strengths In Academics, Career, And Beyond



## 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 students' 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 are "your own natural talents" 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. You'll gain access to action items specific to your top themes, covering general academic life, study habits, relationships, and career. You'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 Chip 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. You'll gain access to action items specific to your top themes, covering general academic life, study habits, relationships, and career. You'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 Chip 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

Note: The review that follows is of the Second Edition, published in 2006 after the deaths of Donald Clifton and Edward ("Chip") Anderson. The Gallup Organization has accumulated a wealth of research data from millions of respondents to identify their strengths. Some of the most recent books have examined this information, notably those written by Marcus Buckingham (e.g. Discover Your Strengths and then Go Put Your Strengths to Work) and Tom Rath (e.g. StrengthsFinder 2.0). What we have in this volume is another important contribution to our understanding of how to identify strengths and then leverage them to achieve success "in academics, career, and beyond." It was co-authored by Donald Clifton and Edward ("Chip") Anderson with Laurie Schreiner and offers a substantial value-added benefit, a self-assessment that they urge their reader to complete first. An access code is provided and is valid for one user only. In the Preface, Anderson acknowledges that prior to a presentation by Clifton, he had "always assumed that that top achievers set high goals and low achievers set low goals. But research indicates that top achievers tend to set goals slightly above their current level of performance, whereas low achievers often set very, very high goals." He goes on to point out that "top achievers build their academic and personal lives - and later their careers - on their talents. They use those talents as the foundation of strengths development, and they apply those strengths to produce excellence." This is the core concept of the book. So, what are your strengths? To answer that question, first complete the 30-minute online "StrengthsQuest"

self-assessment and print a copy. I also recommend that you print a copy of the summary version.

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