Examples of Possible uses of Character Strengths in Classroom Setting

1. Identify ways in which Character Strengths might positively influence academic improvement.
2. Purposefully identify one way to implement/use a Character Strength this week.
   1. Possible ways:
      1. Gratitude exercise
      2. Assignment/project to use C.S. for “growth” in an academic area
      3. Improvement in a “grade” area (category, subject, topic, etc.)
      4. Positively alter academic environment (study area, focus, class…)
3. How can you use your Character Strengths to improve your grades within the next two weeks?
   1. Possible applications:
      1. Apply to a specific assignment/project
      2. Use in study sessions
      3. Helping classmates/group members
4. Use your Character Strengths to commit yourself to something that is bigger than you that also promotes your growth, and is related to one of your classes.
   1. Possible commitments:
      1. Volunteer at a Senior Center, Child Center, or Community Outreach
      2. Join a club or group that is focused on improvement/success.
      3. Purposefully find a way to provide assistance to someone/something that meets your values.
5. Use a Character Strength to “build a relationship” in one of your classes.
   1. Possible people to connect with include:
      1. Someone you do not know, or know well.
      2. A new student to the class/school.
      3. Improve a previous relationship regardless of its current status.
6. Determine a novel way in which you can implement Character Strengths to positively add to the culture of Sheldon High School.