

# Your Guide to the Thrively Strength Assessment

**THE HEADLINE**  
The simple, concise statement about who you are.

**THE STRENGTH NARRATIVE**  
A positive, uplifting explanation of the power of your Top 5 strengths.

**CAREER ASPIRATIONS**  
A peek into your future to motivate your present day.

**INTEREST INVENTORY**  
Everything you find exciting and interesting today.

**Thrively** Dashboard Discover Shop Search

**Christopher Quach**  
18 Activities & Apps Completed  
11 Activities & Apps Saved  
10 Videos Saved

**Official Thrively Assessment Profile**  
Strength Roadmap View Responses Share Profile

**You Are Assertive With A Unique Worldliness And Remarkable Resilience**

**TOP 5 STRENGTHS** • Leadership • Creative Thinking • Compassion • Memory • Social

You are not at all afraid to speak your mind and you know very well how to stand up for your rights and those of others. In fact, you take the initiative in doing so. You are not shy about sharing how you think or feel on subject matters and you take solutions into your own hands. You are not worried about what others think, because you believe in the importance of speaking your mind honestly. You are not concerned with saying, "no!"

You have the resolve to bounce back from adversity. You are not going to let anyone or anything keep you down for long! You know how to make lemonade out of lemons and move on from disappointment. You take this world's challenges in stride and maintain an even disposition. You, my friend, have what we call...fortitude!

You like to look outside your day to day and consider big thoughts and ideas. You realize that the world extends beyond the radius of your immediate experience, and you want to be an active part of it. You enjoy people, places, travel, culture, history, and learning through experience.

**Christopher's Career Interest** Edit Career Interests

ARTIST ENGINEER VIDEO GAME DESIGNER

**Christopher's Interests** Edit Interests

CREATIVE ARTS • Cartooning • Drawing • Film Making • Graphic Design • Photography • Printmaking

## The Thrively Strength Assessment

The Strength Assessment is the foundation for your classroom's Thrively experience. After completing the 80-question assessment, you and your students receive a personalized profile (shown above). The Strength Assessment measures students against 23 different strength factors, which you will read more about in the following pages. It also takes an inventory of your student's career aspirations and their extracurricular interests. Together, this information gives you and your students the guideposts for discovering true passion: an uplifting evaluation of the student's innate strengths; motivating future career goals; and tangible interests that students can pursue to connect their present to their future. As a teacher, you've accepted the calling to educate the whole-child and help students reach their full potential. With Thrively, you now have an online platform to help make it all happen.

## Connecting the Strength Assessment to the Classroom

The Strength Assessment is the starting point for Thrively. It gives the student greater self-awareness and a confident foundation from which to explore. It also unlocks the rest of the Thrively platform. Based on the results of the Strength Assessment, educators can deliver project-based learning and “genius hour” projects. Students can access enrichment opportunities, activities and educational content recommended by the platform. They can also connect to a broader community of friends who share their interests. All of this activity is tracked by each user’s Digital Portfolio, which students build over time to showcase their accomplishments. More information can be found at [www.thrively.com/classroom](http://www.thrively.com/classroom).

## Our Whole Child Philosophy

The term ‘whole child’ is very meaningful to us. Too often, school assessments focus on very narrow aspects of a child’s development. They are scored on a scale that is meant to determine a level of excellence or, from the other perspective, the extent of the challenges that a child may have. These results inevitably miss enormous aspects of a child’s unique personality and experience. They often leave families and children feeling unsatisfied and unnecessarily disappointed. The Thrively Strength Assessment is designed to transform this experience for children and families. We seek to capture the whole child and our Strength Assessment expresses the broad strengths of each child in terms that are relevant to who they are and what they care about. All of the language used in these reports is positive and encouraging, as we believe that every child should be celebrated, irrespective of where their strengths lie.

## The Focus on Strengths

Thrively was founded by parents who, like thousands of educators and families across this country, felt the traditional, high-stakes, deficit-model of education wasn’t serving their kids. With that initial impetus, we worked with renowned pediatric and adolescent neuropsychologists, Dr. Jonine Biesman and Dr. Jayme Neiman-Kimel, to develop Thrively’s strength taxonomy. The taxonomy is based on decades of the doctors’ combined experience studying the mind and working with children and families. It reflects a commitment to incorporating a broader definition of personality and character than is typically measured in standardized tests or physical competitions. It encompasses attributes such as focus, social justice, appreciation, and social acumen among many others. No strength is more important than any other, and the strength profiles we generate capture a very broad, non-judgmental picture of each child taking our assessment.



# The 23 Strengths

The science behind the Thrively Strength Assessment is grounded in principles of life span development, strength-based research, the most current understanding of neural connectivity, the mechanisms of optimal brain functioning, motivational variables, as well as over forty years of combined assessment experience with thousands of children and adolescents.

STRENGTH	DESCRIPTION
Academic	The Academic strength covers intelligence, memory, organization and a conscientious attitude about getting work done. Those who are academic tend to be high achievers, follow instructions well, and often have mastered the 'learning code'.
Analytical	Someone who is Analytical tends to be able to break problems apart into multiple steps and solve them methodically. They are attuned to details, are highly organized, exceedingly rational, and are often thought of as "Intense" thinkers.
Appreciation	Those with the Appreciation strength are thankful for what they have and able to see the good in others and in the world. They tend to be humble with a wisdom beyond their years.
Assertiveness	Assertiveness translates to the confidence and willingness to stand up for one's rights and for the rights of others, to speak one's mind, and to be unafraid of what others think. Those with this trait are not easily swayed, are comfortable saying "no" without offending others, and do not feel compelled to go along with the crowd,
Athleticism	Athleticism is a strength that includes speed, endurance, physical strength, and mastery of many sports.
Balance	A person with strong and well-developed physical balance is steady, stable and physically grounded. Besides having a good sense of one's self in space, these people are able to handle dynamic movements without losing their footing. People with this strength are able to center themselves at their core and they exhibit advanced core strength.

## **Compassion**

Compassion involves tolerance and caring for others, as well as a fundamental kindness and sensitivity. Those with compassion tend to be non-judgmental, natural caretakers and good friends with an impressive depth of feeling.

## **Coordination**

Coordination combines a variety of physical factors, including balance, rhythm, motor planning, physical flexibility, and a good sense of one's own body in space.

## **Creative Skill**

Creative Skill reflects an innate ability to think, perceive, create, perform, or design with exceptional ease. This strength could indicate talent in dance, drama, music, building, gymnastics, drawing, painting, poetry, writing, photography, graphic design, fashion, architecture, and even software or product design.

## **Creative Thinking**

Creative thinkers are innovative brain-stormers who can generate 'out-of-the-box' ideas and find solutions to a wide range of challenges. These thinking masters are skilled at both verbal and non-verbal problem-solving, tend to be inventive, and are good at sparking novel ideas and expanding on them.

## **Drive**

Those with Drive are self-directed, excited by personal interests, and highly motivated to achieve. They tend to have the ability to focus intently when necessary, embrace competition, and have tremendous perseverance.

## **Flexibility**

Flexibility is the ability to easily change course and handle transitions. Flexible people tend to be relaxed, cooperative and likeable. They are easy to be around, move on easily from disappointment, and are often resourceful.

## **Focus**

Those with the Focus strength have a remarkable ability to sit quietly at a task, persevere through repeated struggles and filter out distraction. They tend to be highly goal-oriented, have a long attention span, and have excellent organizational skills.

## **Fun-loving**

The Fun-loving souls among us are able to draw others into their fun with a positive, joyous energy. They tend to be happy, humorous, and can fully appreciate the moment.

## **Independence**

Independence encompasses self-sufficiency, self-awareness, and maturity. Those who are independent do not need to be the center of attention, can get tasks accomplished with minimal input from others, think well on their feet, and tend to be resourceful.

## **Leadership**

Leadership includes the ability to easily present oneself in front of others, capture their attention, see the big picture, and inspire others to confidence. Leaders are visionary and charismatic, and know how to use resources effectively.

## **Memory**

Those with this strength have an impressive ability to recall information. Their brains are like computers and can both hold and catalogue information in large quantities. The ability to hyper-focus and mentally compute are well within their powers.

## **Patience**

Patience is a strength that mixes maturity with a certain level of calm and focus. Patient people can think before responding, await their turn, listen well when others are speaking, and tend to see the big picture.

## **Resilience**

Resilience is the ability to bounce back from adversity, deal with stress and pressure, handle the unexpected, and persevere in the face of difficult obstacles or even outright failure. Rejection doesn't phase them or keep them down! Resilient people are optimistic, and tend to have the ability to calmly apply reason and rationality in the face of enormous pressure and disappointment.

## **Social**

Social people are able to read other people and social cues well, making them very comfortable around others. They tend to be cooperative, friendly, gregarious, and intuitive, and their comfort around others makes them popular and fun to be around.

## **Social Justice**

Having a strong sense of “social justice” means knowing right from wrong. Those with this strength are conscientious, have a strong ethical code, seeking truthfulness, and prioritize equality and justice.



## **Verbal**

Strong verbal skills involve the ability to effectively use language to persuade and communicate, a good mastery of vocabulary, the ability to express oneself clearly, a love of playing with words, and an understanding of the nuances of language.

## **Worldly**

Worldly people value experiential learning and opportunities for diverse exposure. These people can appreciate the big-picture, are interested in other cultures and lifestyles, and tend to be open-minded.