Strengths and Areas for Growth Facilitation Guide

Time: 30-45 minutes

Materials:

* Space to sit in a circle
* Characteristic cards

Objectives:

* Students will:
* Learn to identify their personal strengths and areas for growth.
* Be able to identify people in their lives that help them capitalize on their strengths and grow.
* Develop self awareness
* Discuss what strengths and weaknesses mean to them and their goals.

Method:

* Have the students sit in a circle.
* Explain the learning objectives (above).
* Choose a person to be the dealer. This person will shuffle and deal one characteristic card to each student and place the remaining cards in a pile, face down in the center of the table.
* Tell the students: “Thinks about how the card you were given reflects on your personality as either a strength or an area for growth. If the card you have resonates with you or means something to you and your personality, you will keep it, if it is a blank card, come up with your own characteristic that you think defines you!” Note: Advisors are invited to participate too!
* Starting to the left of the dealer, each student will take a turn.
  + The turn consists of deciding if the card they were dealt is one that reflects on them and they want to keep or they can discard it to the bottom of the deck in the center and pick a new one from the top of the deck
  + Then, the student will end their turn by picking another card from the top of the deck.
  + You can only reject one card per turn.
* The game continues like this until students have picked all of the cards.
  + Note that some characteristics may not be relatable to any students which is okay!
* Then, each student will show their cards to the rest of the group and explain their choice of characteristics.
* As people are sharing, other members of the group may ask for examples of the characteristic. Eg:
  + Honest: Found $5 on the ground at school and turned it into a teacher or staff member instead of keeping it
  + Organized: color-coded planner and notebooks for classes
  + Impatient: hates waiting in doctor’s offices before appointments
* Once everyone has shared, discuss any changes anyone would like to make to their selections, if any.
* Prompt students to think about what they learned from this game. If there’s time, hold a discussion about identifying personal strengths and areas for growth and how it can help you become a better, more resilient, more caring, and more successful person.
* Discussion questions:
  + Why are identifying personal strengths and areas for growth important?
  + Who are some people that bring out your strengths?
  + Who are some people who help you work on growing in areas of your life that you can improve on?
  + How do these people help you reach your goals?