Personal and Professional Development
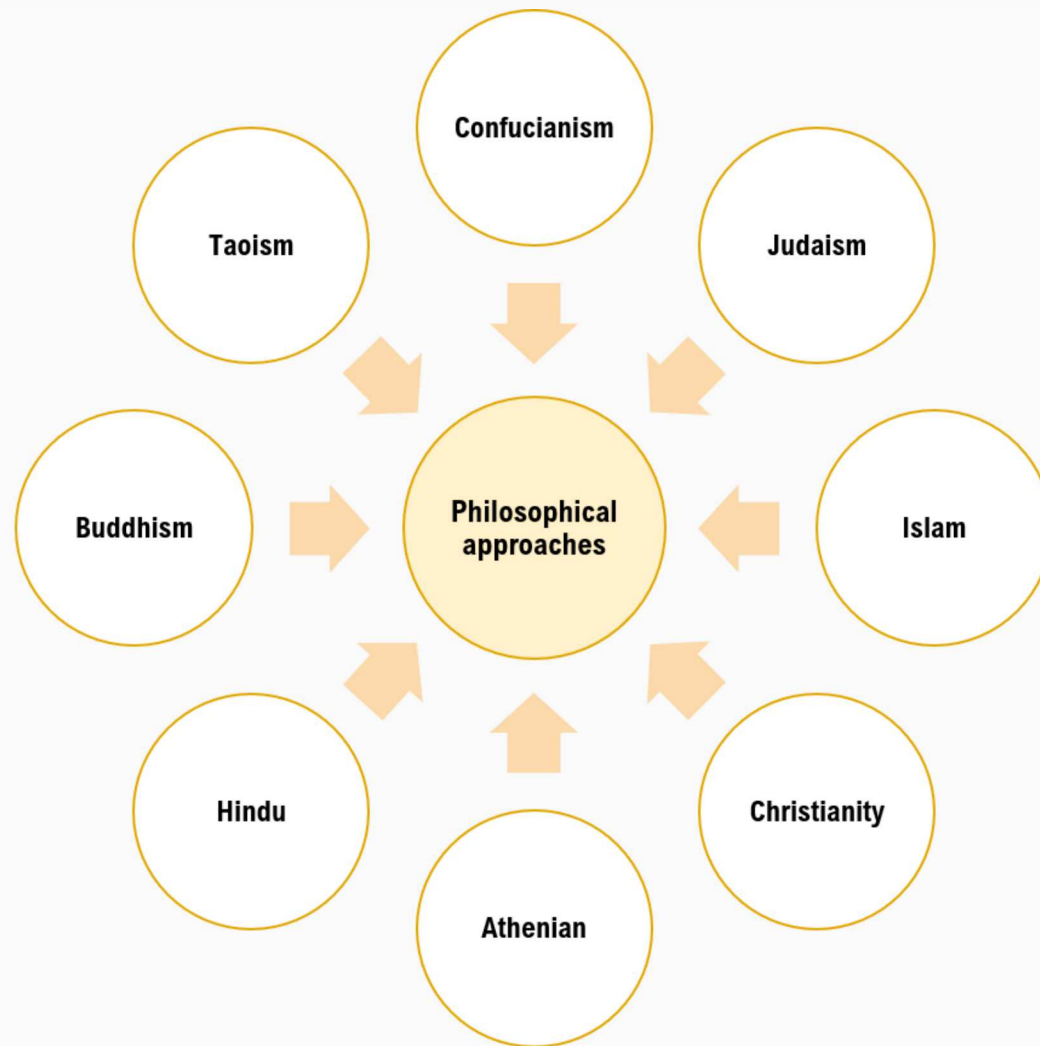
L1 – Qualities & Virtues

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last update 15 October, 2020

qualities & virtues

qualities and virtues

qualities and virtues

- the societal perspective

They are mentioned in major philosophies and religious currents of the world.

All philosophical currents promote a certain desirable set of stable traits that characterize human thinking and behavior.

These are the so-called **core virtues**.

- the individual perspective

Each individual has a set of personal values. We do not always agree among ourselves to what constitutes a valuable/commendable trait

qualities and virtues

qualities and virtues. list & description

Core Virtues

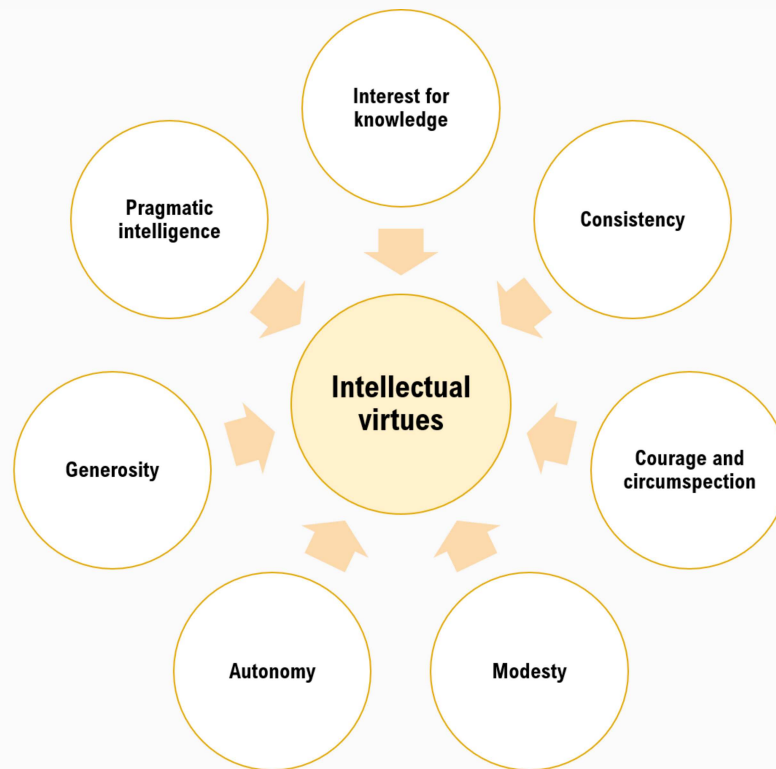| Virtue	Description
Courage	Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal; examples include bravery, perseverance, and authenticity (honesty)
Justice	Civic strengths that underlie healthy community life; examples include fairness, leadership, and citizenship or teamwork
Humanity	Interpersonal strengths that involve "tending and befriending" others (Taylor et al., 2000); examples include love and kindness
Temperance	Strengths that protect against excess; examples include forgiveness, humility, prudence, and self-control
Wisdom	Cognitive strengths that entail the acquisition and use of knowledge; examples include creativity, curiosity, judgment, and perspective (providing counsel to others)
Transcendence	Strengths that forge connections to the larger universe and thereby provide meaning; examples include gratitude, hope, and spirituality

Core Virtues

qualities and virtues.

core qualities & description. integration with main currents

Tradition	Courage	Justice	Humanity	Temperance	Wisdom	Transcendence
Confucianism		E	E	T	E	T
Taoism		E	E	E	E	T
Buddhism		E	E	E	T	E
Hinduism	E	E	E	E	E	E
Athenian philosophy	E	E	E	E	E	T
Christianity	E	E	E	E	E	E
Judaism	E	E	E	E	E	E
Islam	E	E	E	E	E	E

Note. E = explicitly named; T = thematically implied.

qualities and virtues

intellectual virtues

qualities and virtues

leadership qualities

qualities and virtues

personal qualities

In 1968, Norman Anderson[1] came up with the 555 personal characteristics (listed below) and had hundreds of students rank order the 555 words

from most desirable (Note the top 4 are Sincere, Honest, Understanding, and Loyal)

to most distasteful (the last 4 are cruel, mean, phony, and liar).

The order of the list below represents the average of the students' rating.

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[1] Anderson, N. H. (1968). Likeableness ratings of 555 personality-trait words. *Journal of Social Psychology*, 9, 272-279.

qualities and virtues

personal qualities

1. Sincere	11. Wise	21. Happy
2. Honest	12. Considerate	22. Clean
3. Understanding	13. Good-Natured	23. Interesting
4. Loyal	14. Reliable	24. Unselfish
5. Truthful	15. Mature	25. Good-Humored
6. Trustworthy	16. Warm	26. Honorable
7. Intelligent	17. Earnest	27. Humorous
8. Dependable	18. Kind	28. Responsible
9. Open-Minded	19. Friendly	29. Cheerful
10. Thoughtful	20. Kind-Hearted	30. Trustful