Please put away all electronic devices. This sheet will be collected but not assessed. The professor will look at the second page but will ignore the first page.

**Strengths** (adapted from *The Resilience Project* at Wofford College). Here are some strengths (organized into broad categories) that humans can have:

* Wisdom: creativity, curiosity, good judgment, love of learning, perspective…
* Courage: bravery, perseverance, honesty, zest for life…
* Humanity: love, kindness, social intelligence, empathy…
* Justice: collaboration, fairness, leadership…
* Temperance: forgiveness, humility, prudence, self-regulation…
* Transcendence: appreciation of beauty and excellence, gratitude, hope, humor…

Think about a time in your past when you were at your best. Identify two specific strengths (not categories) that were important in that situation. You can deviate from the list if you want.

1.

2.

For each strength, brainstorm a concrete way that you can use it in your life this week.

1.

2.

Looking into the more distant future, how will these strengths be important/help you thrive?

1.

2.

What are the eigenvalues of

What are the eigenvectors of

Consider taking an arbitrary vector **x** and repeatedly multiplying it by the matrix above. What do you expect to happen in the long term?