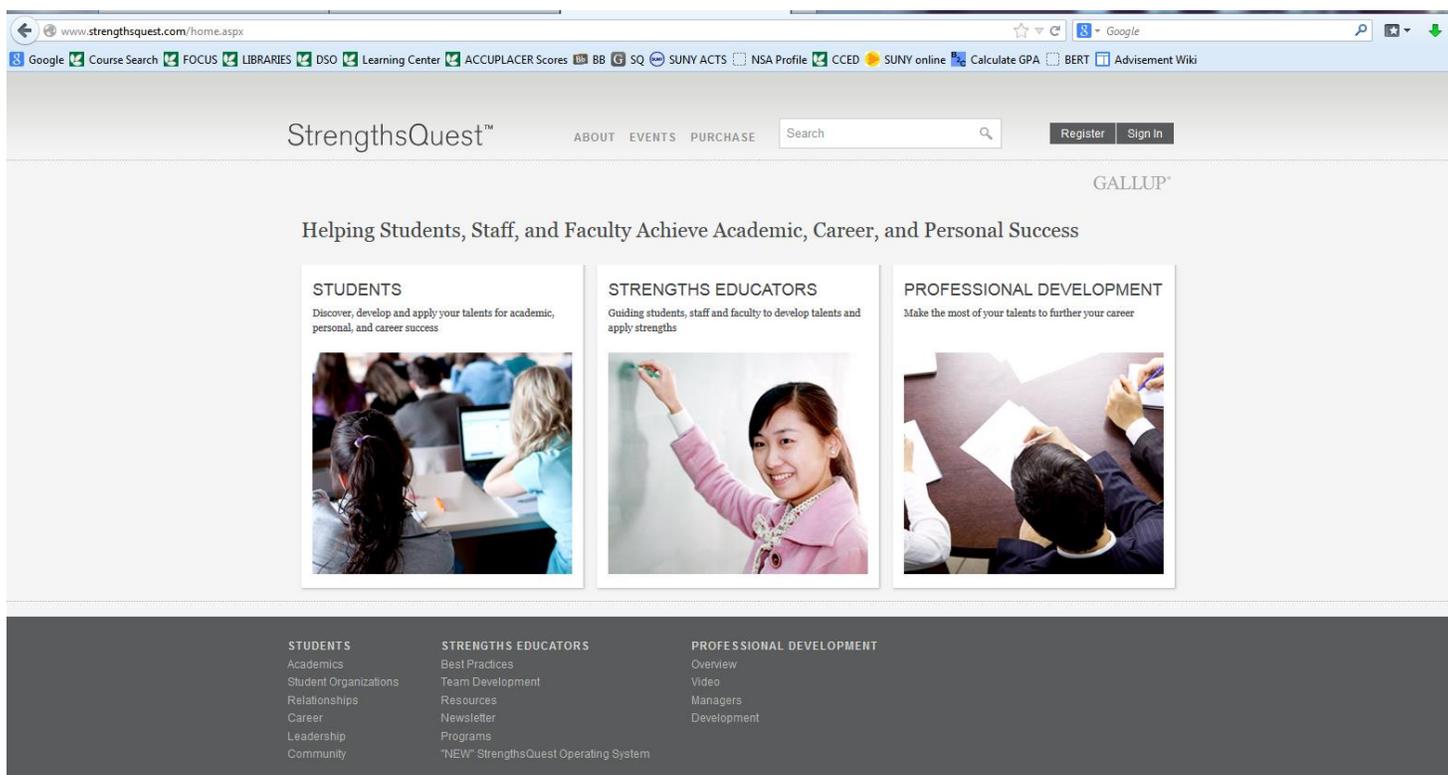
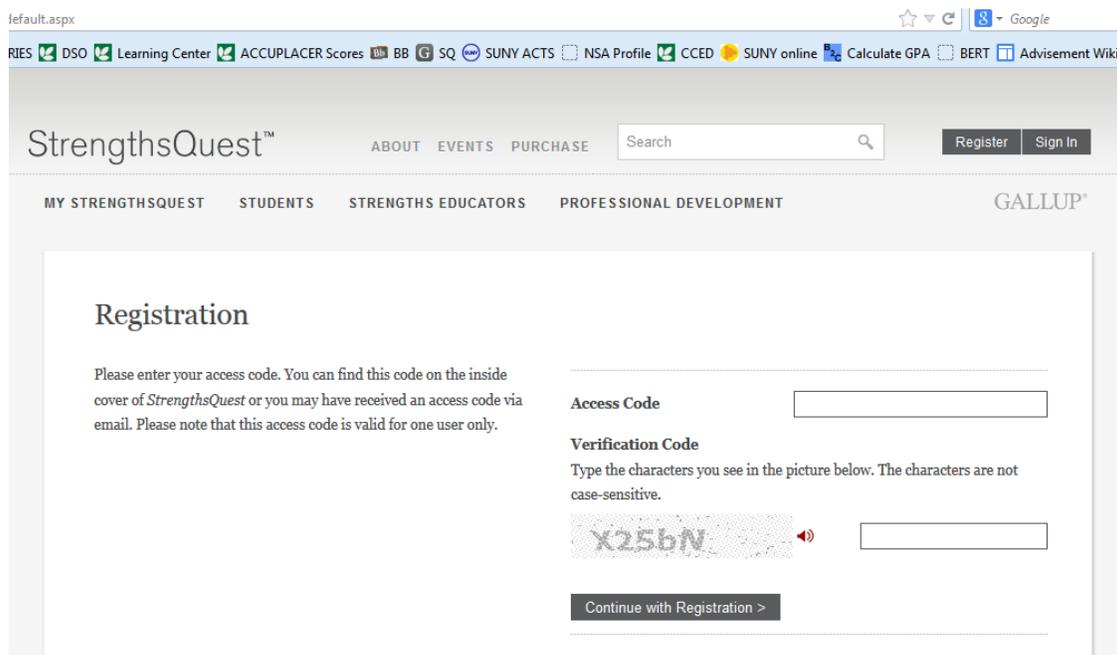


To take the StrengthsQuest assessment you will first need a unique access code. If you are taking this as a part of a class you will be emailed a code from the email address strengths@mvcc.edu. If you are taking it through the counseling or advisement office you will get your code from your advisor or counselor.

When you have a code, visit www.strengthsquest.com which looks like this:



Click on “Register” in the top right corner and you’ll get this first registration page:



You can enter your unique access code (you may want to copy and paste it you don't confuse I, L and l. You'll then need to type the verification code. You'll then be brought to this registration page:

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Registration

Please enter the information below to complete the registration process. All fields in bold are required.

General Information

First Name

Middle Name

Last Name

E-mail Address

I would like to receive occasional updates about strengths-related research, discoveries, and learning opportunities.

I would like to receive a free subscription to the Gallup Management Journal.

Account Access Information

Username (usually your e-mail address)

Password

Confirm Password

Security Question

Security Question Answer

I understand that if I participate in StrengthsQuest, my responses may be used by my institution for development, educational, statistical, and research purposes. I voluntarily agree to and give my consent for Gallup to perform the processing activities described above and consent to my results being accessed by my institution.

Continue

Enter information into each box (just as Mo did), with your user name and email matching. You'll also need to select your own password so pick something you'll remember as you'll need to log back in later. After clicking on "Continue" you'll get to this page asking you to confirm your language.

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StrengthsQuest

Please select your preferred language.

Click “continue” to answer a few screens of demographic questions:

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StrengthsQuest

Welcome to the Clifton StrengthsFinder assessment.

Once you click “Next,” you will be directed through a series of demographic questions. These questions are completely confidential and will be used for research purposes only.

After the demographic questions, your Clifton StrengthsFinder assessment will begin. You will first see an instruction page. Read that page carefully. There are 177 paired descriptors. Select which descriptor fits you best as well as the extent to which it does so. You will have 20 seconds to respond to each pair.

The average completion time of this assessment is 35 minutes.

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StrengthsQuest

Please respond to the following optional demographic questions. This information will be kept confidential and is for research purposes only.

The Clifton StrengthsFinder is intended for use by individuals at or above the reading level of a 15-year-old.

Please select your birth year.

Select Year ▼

What is your primary language?

Select Language ▼

What is your gender?

Select Gender ▼

You’ll then be ready to begin the assessment. If you need disability accommodations (having the timing turned off, having the assessment read to you, etc.) be sure to contact the disability services office before you continue.

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StrengthsQuest

If you have a reading disability and need the response timer disabled during the assessment, please contact our StrengthsFinder Support Team at 1-888-211-4049 or strengthsquesthelp@gallup.com before proceeding.

If you have a visual impairment, please [click here](#) for a version of the Clifton StrengthsFinder specifically designed for screen readers.

After you complete the assessment, you'll get to this page with your results. You'll see your top five on the left and the option to view multiple reports. If you're taking ED100 (College Seminar) you'll want to print the Signature Theme Report and bring it to class for the introductory activity.

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Strengths Team Talent Map

Print

1. Reports
2. Share
3. Success
4. Apply
5. Relationships
6. Online Book

Mo Hawk

POSITIVITY
COMPETITION
ACTIVATOR
SIGNIFICANCE
WOO

Signature Theme Report

This report lists your Signature Theme names and their full descriptions.

English

Download

Brief Theme Descriptions

This handout provides brief descriptions for all 34 Clifton StrengthsFinder themes.

Download

Strengths Insight and Action-Planning Guide

This guide presents your Signature Themes and brief shared theme descriptions for each of those themes. It includes Personalized Strengths Insights, examples of what each theme "sounds like," and 10 Ideas for Action. There are also questions to help you think about your talents and how to apply them for achievement.

Download

Strengths Insight Report

This report presents a brief shared description and personalized Strengths Insights for each of your Signature Themes.

Download

Team Talent Map

Your Signature Theme Report will look like this:

Automatic Zoom

GALLUP® StrengthsFinder®

Your Signature Themes

SURVEY COMPLETION DATE: 03-13-2014

Mo Hawk

Many years of research conducted by The Gallup Organization suggest that the most effective people are those who understand their strengths and behaviors. These people are best able to develop strategies to meet and exceed the demands of their daily lives, their careers, and their families.

A review of the knowledge and skills you have acquired can provide a basic sense of your abilities, but an awareness and understanding of your natural talents will provide true insight into the core reasons behind your consistent successes.

Your Signature Themes report presents your five most dominant themes of talent, in the rank order revealed by your responses to StrengthsFinder. Of the 34 themes measured, these are your "top five."

Your Signature Themes are very important in maximizing the talents that lead to your successes. By focusing on your Signature Themes, separately and in combination, you can identify your talents, build them into strengths, and enjoy personal and career success through consistent, near-perfect performance.

Positivity

You are generous with praise, quick to smile, and always on the lookout for the positive in the situation. Some call you lighthearted. Others just wish that their glass were as full as yours seems to be. But either way, people want to be around you. Their world looks better around you because your enthusiasm is contagious. Lacking your energy and optimism, some find their world drab with repetition or, worse, heavy with pressure. You seem to find a way to lighten their spirit. You inject drama into every project. You celebrate every achievement. You find ways to make everything more exciting and more vital. Some cynics may reject your energy, but you are rarely dragged down. Your Positivity won't allow it. Somehow you can't quite escape your conviction that it is good to be alive,

Once you have taken it you can always log back into the website (www.strengthsquest.com) to read more information and complete activities. Your email is your user name and you use the password you created

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Sign In

To access your personal StrengthsQuest resources, please enter your username and password. Then click *Sign In*. If you cannot access your account, go to the [Account Assistance](#) page, or view the [Help](#) page for troubleshooting tips.

[Learn more](#) about using your account from another Gallup site.

Username
usually your e-mail address

Password
passwords are case-sensitive

Sign In

- New user? [Enter access code and create an account](#)
- Cannot access your account? [Click for account assistance](#)

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Sign In

To access your personal StrengthsQuest resources, please enter your username and password. Then click *Sign In*. If you cannot access your account, go to the [Account Assistance](#) page, or view the [Help](#) page for troubleshooting tips.

[Learn more](#) about using your account from another Gallup site.

Username
usually your e-mail address

Password
passwords are case-sensitive

Sign In

- New user? [Enter access code and create an account](#)
- Cannot access your account? [Click for account assistance](#)