



LEARN

Character Strengths

“When wellbeing comes from engaging our strengths and virtues,
our lives are imbued with authenticity.”

— Martin Seligman —

Focusing on what is uniquely right with you promotes engagement, strong relationships, increased wellbeing, and more. This is true of everyone, including students with autism. Employing Signature Character Strengths can help empower students in all aspects of their lives. Let’s shine a light on what is RIGHT with us and those around us so we might all flourish together.

SKILL

Researchers Martin Seligman and Christopher Peterson created the Values in Action Survey, or The VIA. This 96-item VIA survey identifies your capacity to exhibit each of 24 Character Strengths. These 24 strengths were identified as being valued by humans across many cultures and holding value throughout history. The VIA survey has been taken by millions of people and is a scientifically validated tool for identifying the rank order of one’s Character Strengths. A guide is available to make the survey accessible to individuals with intellectual and developmental disabilities.

LEARN Character Strengths *(continued)*

The VIA Survey Character Strengths



Appreciation
of Beauty and
Excellence



Bravery



Creativity



Curiosity



Fairness



Forgiveness



Gratitude



Honesty



Hope



Humility



Humor



Judgment



Kindness



Leadership



Love



Love of Learning



Perseverance



Perspective



Prudence



Self-Regulation



Social
Intelligence



Spirituality



Teamwork

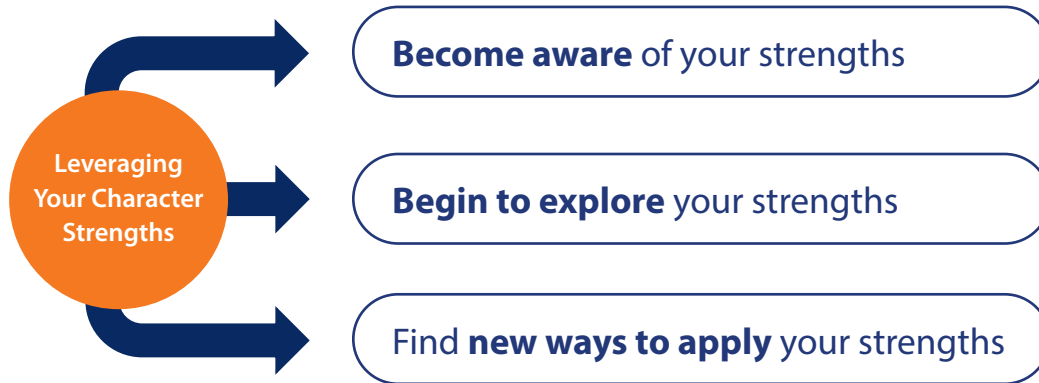


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LEARN Character Strengths *(continued)*

SCIENCE

The evidence is clear — knowing and using your strengths positively impacts your life. If you keep your strengths top of mind and live them each day, you are significantly more likely to thrive. Research indicates a three-pronged approach to character strengths is best — become aware, begin to explore, and continually find new ways to apply your strengths in order to thrive!



Adapted from R. Niemiec (2012)

BENEFITS

The benefits of Character Strengths have been linked to all six elements critical to human flourishing or PERMA+ (Positive Emotions, Engagement, Relationships, Mattering, Accomplishment, and +Health).

- Improve mental, physical, and social health
- Boost greater happiness and overall wellbeing
- Increase positive affect
- Higher work satisfaction and positive association with work
- Improve your relationships
- Buffer against the onset of mental health challenges
- Build psychological resilience