

You come to the university as different people and contribute with different experiences and interests. These differences are advantages; you can help each other gain knowledge and competences as a group through your personal strengths and interests.

**The purpose** of this exercise is that you spot your own personal strengths and understand the various personal strengths and interests within the group.



You need the strength cards on the next page. There are 14 cards with strengths and 4 blank ones. You each need a set.

## Individually

Look at the strength cards and divide them into:

- What you are good at/strengths others appreciate in you
- What you are good at but others might find annoying
- A strength you would like to develop
- A strength you do not feel comfortable using

Use the blank cards if you feel you have a strength that is not mentioned. Write down your strength on the blank card in the same way as the preprinted ones.

When you place the cards you need to think about a certain situation, for instance your study or the study group.

For each strength, try to write down some keywords on a typical situation where the strength came in very useful in teamwork or in solving a task. It does not need to be from a study group situation. It can also be from other times where you had to work in a team, for instance in your previous studies, job, or free time.

## In the group

Talk to each other about the strengths you each have chosen in the different categories. Discuss what the strengths mean for your group work.

Are your strengths manifested in your groups right now? And can the strengths be overdone so they become weaknesses? Give an example.

## Alternative

Give each other strengths and tell them why you give them that strength. When is that strength very useful in the group work? And talk about the possible disadvantages of that strength.

## Teamwork

You do your part of the work

You work hard for your group's success

## Enthusiasm/energy

You are excited and energetic

You don't do things half way or half-heartedly

## Honesty

You are an honest and sincere person

You are down-to-earth

## Kindness

You are never too busy to do someone a favor

You enjoy doing something for others - even if you don't know them very well

## Curiosity

You are curious and ask questions about everything

You like to explore and immerse yourself in something

## Forgiveness

You always give people another chance

If people hurt or bother you, you get over it quickly, and want to be friends again

## Critical thinking

You do not make rash decisions or jump to conclusions

Your decisions are based on careful considerations of pros and cons

## Socially

You know how to behave in social relations

You are good at making other people feel comfortable

## Persistence

You practice to become good at something and you finish what you start

## Leadership

You are good at organizing activities and making sure they are executed

You are good at including everyone in the process

## Modesty

You do not seek the limelight

You like being in situations where you do not need to highlight yourself

## Humor

You love laughing and making other people smile

You try to find the bright side of every situation

## Creativity

You think about how to do things in new ways

You are always full of good ideas on how to do things differently

## Self-control

You are determined and focused

You don't let yourself get distracted by sudden impulses and you thrive on structure