**Families:**

**How to support your student with their strengths development**

* Give examples of how you see your student’s strengths in action, especially if there is a strength they are having a difficult time understanding
* Ask your student: *what kind of activities do you really enjoy? What about these activities made them fun and/or meaningful?* Consider providing examples of activities they did growing up and in high school that brought them joy that could help them begin to reflect on what excites them. Then help them consider opportunities at the U of M that could allow them to use their strengths.
* If your student is trying to decide what courses to take and/or what to major in, encourage them to examine the class/major looking at their strengths and how much they would use their strengths or how their strengths could play out in each choice.
* Give praise to your student for their academic achievements. Talk to them about what they did that helped them to be successful.
* Encourage your student to look for internships and jobs. After they read through a job description ask them if they think they would be a good fit for the opportunity. Ask if they think the job would be a good fit for their strengths and why/why not.
* Ask your student: *How could you use your strengths to have better time management? What tools or strategies would be helpful to you?* This same question could be asked regarding health/wellness and finances.
* If your student is having difficulty with a friend or classmate, encourage them to think about the person’s strengths to help them better understand the other person. Strategize with them ways in which they could use their strengths to work on the relationship.
* If your student is struggling with a particular assignment or class, help them to look at what their strengths are and what their strengths allow them to do. Encourage them to think of ways in which they could approach the situation using their strengths.

***Source: University of Minnesota. StrenghtsQuest Resoures***