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### Positive Psychology Assignment: Character Strengths

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PSY 33000-R  
Homework Assignment

Take the VIA survey

Describe your top 3 strengths (define your terms, cite your sources). 6 points.

State which strength you chose to work on for the week/two weeks. 1 point.

Describe the two new ways you used your strength. 2 points.

Describe how doing this activity made you feel a) during the activity b) after the activity and c) after the week/two weeks ended. (define your terms, cite your sources) 6 points.

Compare your outcomes with Seligman et al's results. 3 points

Compare your outcomes to one other study (eg Peterson, Lyubomirsky, etc). be sure to describe the studies you are comparing your outcomes to. 3 points.

Proofread for grammar, flow, typos etc 2 points

Use APA style referencing. 2 points

Total 25 points