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Once you discover your character strengths with the VIA Survey, applying your strengths is the next step. Learn how a personalized VIA Report can help you maximize your strengths in all areas of your life. You are unique in the world and united in your strengths with all of humanity. Discover your Character Strengths Profile and begin living each day as the very best version of yourself. Take the Free Strengths Survey to begin living your best life. Research shows that applying your strengths can increase confidence, happiness, positive relationships and reduces stress and anxiety. Discover your strengths today! Take The Survey Now! The VIA Survey is trusted by researchers and professionals around the world to assess character strengths. Create your free VIA Pro Dashboard to distribute and manage the VIA Survey to your clients or students. Learn More This was my second time taking the test, exactly a year after the first time, and it was fascinating to see how I've grown and shifted my approach to leadership and my own authentic expression! Thank you for your incredible and positively-led work. It is very effective in turning upside down some of the most ingrained misconceptions about personal development. Spotting the strength in others and declaring them can be a game changer. I first took the VIA in summer 2020 (you remember how challenging and awful that summer was, right?) and again just now, two years post-major-spiritual-reintegration. I am fascinated to use the comparison to explore what strengths might have been time-specific in 2020, where my perception of my strengths has remained stable and where it's changed - and where my greatest opportunities are for continued personal growth. An excellent tool which filters personal responses, through evidence based research, which greatly increases self awareness and gives an idea about how others view you. Positive in that you can stop struggling with lesser strengths and focus on using those that support wellbeing. Extremely accurate. Described me! The training has been transformational, reinforcing a character strengths-based approach to empower individuals and organizations to flourish. Character strengths science has the power to elevate engagement, deepen relationships, and drive high performance, and I can't wait to integrate this into my work. This short survey takes only 12 minutes - and 90% of survey takers look forward to applying their results. Learn More Across the globe, people are struggling to enjoy their lives due to an array of mental health challenges while the desire to feel good is rated as a priority for many. Globally, 79% of respondents rated wellness as a priority while 42% of those said it was a top priority in their lives. (McKinsey) 76% of workers report a mental health symptom 70% of chronic illnesses have a mental health component 61% of U.S. adults struggle with anxiety and depression VIA Character Strengths are the only scientifically validated strengths assessment that helps people flourish across every aspect of their lives-and at each stage of life. People rely on their character strengths at age 22, 42, 62, and 82 to achieve goals, remain resilient, deepen relationships, and feel like their true selves. People spend significant time at work - character strengths help people bounce back from difficulties while continuing to thrive and contribute to team morale. Connections to the people we share our lives with are critical for thriving - character strengths help people appreciate each other and feel understood. The classroom is a place of growth and challenge. Character strengths give students, teachers, and professors an energizing source of confidence to draw from. 2005 Values in Action Institute Authors: Christopher Peterson, Ph.D. and Martin E. P. Seligman, Ph.D. WHAT THE QUESTIONNAIRE MEASURES The Values in Action (VIA) Survey of Character Strengths is a 240-item face-valid self-report questionnaire intended for use with adults. The measure uses 5-point Likert-style items to measure the degree to which respondents endorse items reflecting the 24 strengths of character that comprise the VIA Classification. The survey takes about 25 minutes to complete, although there is no time limit. KEY REFERENCES WEBSITE TO TAKE VIA SURVEY & GET FEEDBACK ON STRENGTHS By Jamie Grant, Senior Associate Director, C98 GE99I recently attended a professional development session in which we discussed the impact of positive psychology and the importance of finding opportunities in life that play to our strengths, impacting our performance and job satisfaction in addition to the way we manage life issues. Through completing a free online and quick assessment of character strengths through the VIA Institute on Character as recommended by our instructor, (www.viacharacter.org), I learned a bit more about myself, and I have taken just about every career-related assessment out there! It also helped me to understand why working in Career Services has always felt like a rewarding and just-about-perfect fit for me. I work with many students as they begin the career exploration process, and some who are literally deciding on an offer that day. Many of the same types of questions come up for both types of advising appointments students wonder where they fit, what kind of work might be best for them, where are they going to be happy and how to get that job. Its incredibly difficult to evaluate your potential for strong performance AND satisfaction with your work by reading a job description, or even going through a rigorous interviewing process during which you get to ask all of your questions! Hopefully, by exploring things like your character strengths and getting a grasp on when you are most likely to feel engaged and fulfilled professionally and personally, you may get a strong(er) sense as to what types of roles, organizations and career paths are ultimately your ideal fit. And as always, please don't hesitate to connect with an advisor here in Career Services to discuss this process or any other career related questions or concerns on your mind! Warmest wishes for a restful and deservedly long winter break to all of our current students! After you discover your character strengths with the VIA Survey, VIA Character Strengths Reports are your guide to applying and maximizing your strengths in all areas of your life. Each VIA report is personalized with expert analysis and tips for your unique strengths combination. Whether you're a manager, coach, counselor, teacher, or working with students in general, these reports offer a valuable assessment of personality traits that drive well-being. Ready to tap into your potential? Select a report to get started. Research shows that individuals who apply character strengths can improve their life and thrive. Ready to get started? VIA Reports build on your free Character Strengths Profile and show you how to tap into all of the benefits of a strengths-based life. Studies across cultures show that people who use their character strengths experience a higher level of self-esteem and self-efficacy. Recognition and appreciation of a partner's character strengths is connected with a better relationship and more commitment to one's partner. The use of signature strengths has been connected with individuals making greater progress on their goals. Character strengths are connected with resilience and buffer people from vulnerabilities that can lead to depression and anxiety. Whether you help adults, youth, individuals or groups, VIA Character Strengths Reports are designed to support you as you bring out the best in others. More than a character strengths test or personality assessment, VIA Reports include actionable, research-based exercises you can use to help clients apply their strengths and improve their well-being. Access all of your clients reports in one place, and buy report credits with bulk discounts, with your own personal and private Pro Dashboard. This report is available in: Brazilian Portuguese, Chinese-Simplified, Chinese-Traditional, Danish, English, Finnish, French, German, Italian, Japanese, Portugal Portuguese, Spanish, Swedish. Bonus "Interpretation & Insights Guide" included, with insider information and tips for coaches, educators, managers, leaders and consultants using the Total 24 Report with other people. LOOK INSIDE GUIDE (PDF) Discover what science says about your true self, and how you interact with others and operate in the world, with the Total 24 Character Strengths Report. This report is based on your free VIA Survey results and is the key to understanding your positive personality. The Total 24 Report dives deep into all 24 of your strengths with analysis of the signature strengths that are essential to making you you insight into how others perceive you research-based benefits of your best qualities exploration of your middle and lesser strengths and simple ways you can leverage and boost them Plus, the Total 24 Report reveals four enlightening perspectives from character strength experts on your unique ranking of strengths. These perspectives include the five strengths most connected to happiness, as well as ideas on how you might be overusing or underusing your strengths. Your personalized Total 24 Report provides research-based insight into your behaviors, thoughts and feelings. The Total 24 Report features 5 different graphs that highlight your character strengths, including a full Character Strengths Profile graph with your raw scores for each strength. Learn what the raw scores reveal about your unique strengths profile with your customized report. I am now utilizing the VIA Total 24 Report with most of my current clients, and it has now become one of my client onboarding assessments. Prior to the WATB course, I was using the free survey. The Total 24 Report offers so much more, and my clients are finding it quite valuable. It is very effective in turning upside down some of the most ingrained misconceptions about personal development. Spotting the strength in others and declaring them can be a game changer. An excellent tool which filters personal responses, through evidence based research, which greatly increases self awareness and gives an idea about how others view you. Positive in that you can stop struggling with lesser strengths and focus on using those that support wellbeing. I am very impressed with my Total 24 Report. The insights the Report has given me are helping me to live my best life a more balanced and happier life. Research shows each character strength has its own set of benefits and can lead to positive life outcomes. Your personalized Total 24 Character Strengths Report can help you use your unique profile of strengths to: by exploring your entire constellation of character strengths, with research-based activities using 5 important strengths, in life by aligning your signature strengths with your daily tasks, with tips to focus on and use your signature, middle and lesser strengths. I am very impressed with my Total 24 Report. The insights the Report has given me are helping me to live my best life a more balanced and happier life. Kirsten F. Human Resources Manager Frequently Asked Questions What is the difference between the free VIA Survey Results and the VIA Reports for purchase? The VIA Survey is a 96-question personality test. Your free survey results include a rank order listing of your strengths from highest to lowest based on what is strongest in you. But learning your ranking of strengths is just the beginning of knowing your true identity. The in-depth, personalized VIA Reports reveal what your strengths mean about you and how understanding your positive personality can help you overcome challenges, boost relationships, accomplish goals and find greater happiness. What is the difference between the Top 5 and Total 24 Reports? According to our Education Director, Dr. Ryan Niemiec, one of the foundational principles to remember when learning about your strengths is: all 24 character strengths matter. This essential concept is the basis for the Total 24 Report. The Total 24 Report includes analysis of your full ranking of character strengths from highest to lowest, as well as different perspectives on how you express your strengths. It is your complete, personalized guide to understanding your true self and how you interact with others and operate in the world. The Top 5 Report provides a graph of your full profile, and focuses on your greatest strengths. While all 24 character strengths matter in your life, your signature strengths matter most. These are the strengths that come most naturally to you and are easiest for you to express. The Top 5 Report is a great place to start to learn about how your core strengths impact all areas of your life and how others see you. Should I purchase both the Top 5 Report and Total 24 Report? No. All of the information in the Top 5 Report exists in the Total 24 Report so purchasing the Total 24 Report is like getting both reports! How will I receive my report? Each of VIAs in-depth reports are available as a PDF download immediately after purchase and can be accessed by logging into your VIA account. Can I purchase the Total 24 Report for other people (e.g. clients, students, employees, etc.)? Yes, if you are a helping professional, such as a therapist, coach, manager, consultant or teacher, the Total 24 Report can transform the way you work with others. Set-up a VIA Pro Site, to create a private, secure link to the VIA Survey and purchase Total 24 Report credits for your account. Follow the simple instructions on your VIA Pro Site to get the survey results for others and download their in-depth Total 24 Report. Bulk discount pricing is available (see next question). Is bulk pricing available for the Total 24 Report? Yes, bulk pricing is available. See chart below. Number of Reports Price per Total 24 Report 1-19 \$49.00 20-49 \$41.00 50-99 \$36.00 100-299 \$32.00 300-499 \$29.00 500-999 \$26.00 1,000+ \$25.00 Is the report available in other languages? The Top 5 and Total 24 Reports are available in English, Chinese-Simplified, Chinese-Traditional, Danish, Finnish, French, German, Italian, Japanese, Brazilian-Portuguese, Portuguese-Portugal, Spanish and Swedish. Interested in providing an additional translation? We would welcome your support. Please contact VIA Customer Service at info@viacharacter.org. Thank you to our Report translators: Brazilian Portuguese: Juliana Blum and Albert Holzacker from the Geniantis Foundation and Ayala Kalnicki Band Chinese-Simplified: Debra Chen and Vincent Chen from East-West Management Consulting, Inc. Chinese-Traditional: Debra Chen and Vincent Chen from East-West Management Consulting, Inc. Danish: Center for Mental Robusthed Finnish: Mari Laakso and Stefania Fit The Strength, Happiness and Compassion group at the Folkhalsan Research Center, Helsinki, Finland. French: Salom Roucel German: SKILLAGILITY Italian: Daniela Fontana Japanese: Shin Matsuguma Portugal Portuguese: Fernanda Bento Spanish: Ins Nieto Romero Swedish: Pehr Jakobsson, the Strength, Happiness and Compassion group at the Folkhalsan Research Center, Helsinki, Finland. What if I'm not satisfied with my purchase? We feel confident you will find VIA products valuable, but if you are not satisfied with your purchase, you may request a refund. Refunds are issued based on product purchased. See our Refund Policy for details. Terms of Service Be excited to show your potential employer your NRM resume with help from this example. View Resource You don't have to leave CSU to find the information you need to go to law school. Find out more information with this CSU website. View Resource Water you waiting for? Find your next career working with water resources with the American Water Resources Association (AWRA) website. View Resource Visit the Environmental Defense Fund (EDF) to find out how to defend the environment. View Resource Here you can learn about Positive Psychology through readings, videos, research, surveys, opportunities and more. Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. Learn strategies and tools that enable people to thrive in their personal and professional life. Please consider confidentially sharing your Facebook language with researchers at the University of Pennsylvania to improve well-being around the world. Click on this banner for more information. Crit New Book by Dr. Angela Duckworth at the University of Pennsylvania The questionnaires on Authentic Happiness measure character strengths and different aspects of happiness and well-being. It's free to take our questionnaires, but you'll first need to register. What sort of world is this? Page 2 The Positive Psychology Center provides syllabi from professors of psychology, to help teachers of Positive Psychology courses. This is a large database of researchers in Positive Psychology, including their website and area of research. The Greater Good Science Center provides practical, research-based well-being resources for families, schools, workplaces, and communities. The VIA Institute on Character is an independent non-profit organization founded to advance the science of positive psychology. The website provides information on positive psychology, the classification system and measurement tools of character strengths that serve as the backbone of this developing scientific discipline, and the on-going work of VIA. The Quality of Life Research Center (QLRC) at the Drucker School of Management is a non-profit research institute that studies "positive psychology"; that is, human strengths such as optimism, creativity, intrinsic motivation, and responsibility. This research center brings transformational scholarship to students and leaders through education programs, knowledge products, events, and organizational partnerships. Since 2002, the Center has been the hub of research on Positive Organizational Scholarship. Their domains of research are positive leadership, meaning and purpose, ethics and virtues, relationships, and culture in an organizational setting. The Positive Psychology Center promotes research, training, education, dissemination, and the application of Positive Psychology. Positive Psychology seeks to understand and build the strengths and virtues that enable individuals and communities to thrive. The National Institute of Mental Health (NIMH) is one of 27 components of the National Institutes of Health (NIH), the Federal government's principal biomedical and behavioral research agency. The NIMH mission is to reduce the burden of mental illness and behavioral disorders through research on mind, brain, and behavior. The American Psychological Association (APA) is a scientific and professional organization that represents psychology in the United States. With 150,000 members, APA is the largest association of psychologists worldwide. The objectives of the American Psychological Association shall be to advance psychology as a science and profession and as a means of promoting health, education, and human welfare. The European Network for Positive Psychology is a collective of European researchers with shared interests in the science and practice of positive psychology. Page 3 Mark Easton goes on a journey to understand what lasting happiness is. The six-part series looks at the newest research, examine the latest policy proposals, and meet the most cutting-edge thinkers from around the world. The mission of the International Positive Psychology Association (IPPA) is to promote the science and practice of positive psychology and to facilitate communication and collaboration among researchers and practitioners around the world who are interested in positive psychology. The Positive Psychology Center at the University of Pennsylvania is seeking participants for online research studies. The studies look at character strengths and virtues, happiness, optimism, satisfaction with life, and related positive psychology topics. Be excited to show your potential employer your NRM resume with help from this example. View Resource You don't have to leave CSU to find the information you need to go to law school. Find out more information with this CSU website. View Resource Water you waiting for? Find your next career working with water resources with the American Water Resources Association (AWRA) website. View Resource Visit the Environmental Defense Fund (EDF) to find out how to defend the environment. View Resource

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