

## Keeping it 'Strong'

Click this link to view Video #1: *The Power of Strengths and Interests*

<https://vimeo.com/74211075>

(You can also copy and paste this link into your web browser)

Discussion questions and follow-up activity for working with individual students or group of students:

### Discussion questions:

1. Stephen explained that many individuals have “special interests, focused interests, passions.” What are some of *your* special interests? What are some special interests of *other* people you know?
2. How could you use your area of expertise in school? How could it be applied to a job in the future?

### Activity:

*Make a list of all of your strengths and interests in one column and then list school subjects/activities in another column. Draw a line connecting each strength and interest to school activities that might benefit from or be related to your special interests. Discuss your findings.*