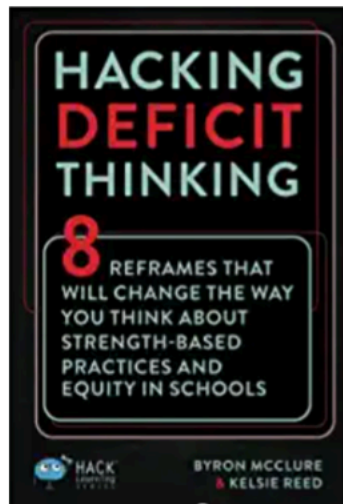


# STRENGTHS-BASED ASSESSMENTS

## ? What is a strength-based approach to assessment? ?

A strength-based approach values the skills, knowledge, connections, and potential of individuals or communities. It does not mean ignoring challenges or spinning struggles into strengths. The emphasis is on a positive outlook and goals.



Dr. Byron McClure, D.Ed.  
Dr. Kelsie Reed, Ph.D.

### STRENGTH-BASED APPROACH ELEMENTS:

- Is human centered
- Puts people first
- Focuses on empowerment
- Focuses on resilience
- Is growth & goal oriented
- Leverages social capital
- Leverages resources

### EXAMPLES OF SBA

- CLIFTON STRENGTHS
- HIGH5 TEST
- STRENGTH DEPLOYMENT
- VIA SURVEY
- ENNEAGRAM

### BENEFITS OF SBA:

- Builds self-esteem
- Improves academic achievement
- Improves academic attendance
- Helps recovery from mental illness
- Supports goal achievement

More information can be found at: <https://www.strengthbasedcollective.com/>