

guide to

# CLIFTONSTRENGTHS

## FOR STUDENTS



### HOW TO: NAME IT, CLAIM IT, AIM IT

CliftonStrengths for Students is an assessment that helps identify natural talents. Knowing one's talents allows individuals to build on them and develop them into strengths, which can help achieve academic, career, and personal success. After you complete the assessment, we will work with you to:



### QUESTIONS TO GET YOU THINKING ABOUT THE PROCESS

#### NAME IT

- What do you think of your results?
- How do you feel about the order? What talent do you identify with most?
- Are there any of your top 5 that you need more clarification on?
- Which of your top 5 surprised you?

#### CLAIM IT

- For which of your top themes do you want to be known?
- What one or two themes define who you are/how you work day-to-day?
- Which themes do you feel appear the most in your daily life?
- What do you appreciate more about yourself after seeing your top 5 themes?

#### AIM IT

- What are your career goal(s)? How can your strengths help you get there?
- How do you feel you can use these in your career?
- What are some ways you can improve your strengths?
- How do you plan to build your talents to improve them and turn them into strengths (talent x investment = strength; where investment = knowledge, skill and practice)?

Practice intentionally describing and applying your talents to personal, career, and/or work goals in your life.



**Career Center**  
University of Missouri

Lower Level  
Student Success Center

📞 (573)882-6801  
🖱️ [career.missouri.edu](https://career.missouri.edu)  
✉️ [career@missouri.edu](mailto:career@missouri.edu)



## STRENGTHS DEVELOPMENT PLAN

Practice intentionally describing and applying your talents to personal, career, and/or work goals in your life.

### NAME IT

What are your  
top three talent  
themes?

TOP THEME #1

TOP THEME #2

TOP THEME #3

### CLAIM IT

What are  
some crucial  
insights about  
this theme?

## YOUR GOAL OR OBJECTIVE

What is something you are working toward in the next week, month, or year?

### AIM IT

What intentional  
steps will you  
take to leverage  
your talents?

*Modified from Gallup 2012 Individual Developmental Plan*

*next steps:*

Talk with a Career Specialist for one-on-one assistance: <https://career.missouri.edu/connect>  
Check out more resources at <https://career.missouri.edu> > Resources tab