**Self-Scheduled PDP Point Opportunities**

**StrengthsQuest Assessment & Reflection (15 PDP Points)**

Students can earn 15 PDP points by submitting a reflection paper to the PDP department. Special attention needs to be paid to cutoff dates for when points will count toward a specific semester. Submissions after the deadline will have points awarded to count toward the following semester.

Follow these steps in order to earn 15 PDP points for the self-scheduled “StrengthsQuest” opportunity:

1. Use a StrengthsQuest assessment and results that are less than five years old.
   - **If you have taken the StrengthsQuest Assessment already** and are able to access those results, there is no need to re-take for this assignment. If you experienced StrengthsQuest here at Mizzou, the helpful associates at the MU Career Center can be very helpful in recovering those results.
   - **If you have not taken the StrengthsQuest assessment**, contact the MU Career Center in the Student Success Center on Lowry Mall. There is a fee of $15 to take the test and includes a personalized follow-up conversation with a career specialist afterward. Alternately, students may take the assessment online at GallupStrengthsCenter.com (select “Top 5 Strengths Access”). There is a $15 fee.

2. Write a quality reflective essay that covers the following criteria:

   **Reflection of Learning**

   In your paper, please reflect on what you learned about your talents/strengths and how you can use that knowledge to meet your immediate and future goals. Be as specific as possible in your answers. We are looking for a thoughtful and truly reflective paper that directly addresses the specific talents/strengths revealed in your assessment results.

   Specifically address each of the following:

   - What was your first reaction to the results?
   - What new discovery have you made about yourself?
   - If you shared the themes with others, what was their reaction? Did they agree?
   - How might you use this new knowledge to
     - Improve yourself?
     - Better work with others?
     - Plan your career?
   - How would you further develop your talents?
   - What other insights, if any, have you gained?
Self-Scheduled PDP Point Opportunities

StrengthsQuest Assessment & Reflection (15 PDP Points)

Formatting

- Papers must be double-spaced for easy review
- Use a 12 point font and margin spacing that is easy for the reviewer to read and reasonable for business use (such as Arial, Times New Roman, or Calibri).
- Length of the paper should be adequate to thoughtfully address the criteria listed above. Typical papers will be between 1,500 and 2,000 words.

3. Submit both the StrengthsQuest assessment results and the reflection paper.
   - Submission must be via email to mubuspdp@missouri.edu. Scanned documents are not preferred.
   - Use the subject line “StrengthsQuest [your last name]”

IMPORTANT NOTES:

- Results submitted MUST be the official StrengthsQuest results and show both your name and the top five strengths (easily readable screen shot from the results web site is OK).
- Essay submissions that do not follow the criteria as listed above, lack substance, are overly generic, or are deemed by the reviewer to be less than acceptable will be returned to the student for re-submission. Only one opportunity for re-submission will be granted per semester.
- Submissions can take up to two weeks to review, please be patient!
- Submission deadlines for Fall Semester 2016:

Submit StrengthsQuest results and reflection essay together in one email by Thursday, December 8, 2016 at 5 p.m. in order to count PDP points for Fall Semester 2016. Submissions after the deadline will have points awarded to count toward the following semester.