

# CliftonStrengths<sup>®</sup>



## What is CliftonStrengths (also known as StrengthsQuest)?

StrengthsQuest is a tool that helps us discover, develop, and apply our strengths utilizing existing talents so that we can realize our potential. Since Don Clifton created the assessment in 1999, Gallup, Inc. has conducted extensive research into the relationships between talent, performance, and success. StrengthsQuest is grounded in positive psychology, focusing on what is “right” with people, rather than what is “missing, deficient or abnormal.” Their published findings suggest that persons who build on their strengths are more likely to be successful and satisfied in what they pursue. Visit their [website](#) to learn more.

## How can I access the assessment?

Current Auburn students, organizations, or departments can request access codes by emailing [lead@auburn.edu](mailto:lead@auburn.edu). The unique access code(s) allows users to take the official StrengthsQuest assessment that generates their Top 5 out of 34 potential signature themes. The assessment takes approximately 30 minutes to complete, must be completed in one sitting, and should be taken in a quiet location without the potential for disruptions.

## How can I make sense of the results?

Emerge at Auburn provides individual consultations and group workshops to help students make meaning of their StrengthsQuest results. Request a standard presentation or work with a staff member to design a custom workshop for your group by submitting a [request form on AUinvolve](#). Please allow two weeks before the scheduled presentation. To request an individual consultation, email us at [lead@auburn.edu](mailto:lead@auburn.edu).