

Personal Strengths

Personal resilience strengths are the individual characteristics, also called internal assets or personal competencies, associated with healthy development and life success. They do not cause resilience but rather are the positive developmental *outcomes* demonstrating that this innate capacity is engaged. Michael Baizerman, Professor of Youth Studies at the University of Minnesota, refers to this as “phenomenological resilience,” that which can be seen, observed, and measured. Said even more simply, these personal strengths are what resilience looks like (see Figure 2).

Four categories of often overlapping personal strengths, or manifestations of resilience, were outlined ten years ago in *Fostering Resiliency in Kids* and labeled (1) social competence, (2) problem solving, (3) autonomy, and (4) sense of purpose. While researchers and writers often use differing names for these personal strengths, regardless of terminology, these categories hold up under the scrutiny of another decade of research. [Appendix A compares popular terms for these personal strengths across various theoretical perspectives.] In fact, as Masten states, “Recent studies continue to corroborate the importance of a relatively small set of global factors associated with resilience” (2001, p. 8) that are both personal and environmental. These competencies and strengths appear to transcend ethnicity, culture, gender, geography, and time (Werner & Smith, 1992, 2001). According to a National Research Council and Institute of Medicine report on youth development, “The little available evidence suggests that most of these characteristics are important in all cultural groups” (Eccles & Gootman, 2002, p. 81). Similarly, Werner and Smith find that they also are important across gender (1982, 1992, 2001). These resilience strengths are most fittingly seen as developmental possibilities that can be engaged in all individuals through the provision of the supports and opportunities discussed in chapters 4 through 8.

Personal Strengths Essay Example

Dr. B. Ramaswamy



Personal Strengths Essay Example:

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Psychology Express: Personality and Individual Differences (Undergraduate Revision Guide) Terence Butler,Dominic Upton,Laura Scurlock-Evans,2014-02-11 This revision guide provides concise coverage of the central topics within Personality Individual Difference and Intelligence Psychology presented within a framework designed to help you focus on assessment and exams The guide is organised to cater for QAA and BPS recommendations for course content Sample questions assessment advice and exam tips drive the organisation within chapters so you are able to grasp and marshal your thoughts towards revision of the main topics Features focused on critical thinking practical applications and key research will offer additional pointers for you in your revision process and exam preparation A companion website provides supporting resources for self testing exam practice answers to questions in the book and links to further resources

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100 Successful College Application Essays The Harvard Independent, 2013-07-03. The Largest Collection of Successful College Application Essays Available in One Volume. These are the essays that helped their authors gain admission to Harvard, Yale, Brown, Columbia, Wellesley, Pomona, and other outstanding schools, followed by invaluable comments by experts in admissions, placement, and college counseling at some of the best learning institutions around the country. This helpful guide includes 100 complete essays with professional commentary. Examples of essays on common topics: family background, athletics, work experience, as well as the more offbeat. Essays on the immigrant experience by foreign-born

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