

## Annotated Strengths Resource list

Bayzk, S. <http://www.everymomentcounts.org/> This is an example of an occupational therapy initiative at the whole school level. Sue Bayzk was funded through the Ohio Dept. of Ed. to lead a group of school based occupational therapists in the development of a program to promote a positive school climate.

Cox, K. (2008). A roadmap for building on youths' strengths. In E.J. Bruns & J. S. Walker (Eds.), *The resource guide to wraparound*. Portland, OR: National Wraparound Initiative, Research and Training Center for Family Support and Children's Mental Health. Retrieved from [http://www.nwi.pdx.edu/NWI-book/Chapters/Cox-2.3-\(youth-strengths\).pdf](http://www.nwi.pdx.edu/NWI-book/Chapters/Cox-2.3-(youth-strengths).pdf)

Claremont University Positive Psychology

Center <http://www.cgu.edu/positivepsych> This site also has resources on the study of positive psychology and quality of life.

Csikszentmihalyi, M. TED talk – His TED talk on Flow and happiness. [http://www.ted.com/talks/mihaly\\_csikszentmihalyi\\_on\\_flow?language=en](http://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow?language=en)

Peterson, C. (2006). *A Primer in Positive Psychology*. Oxford University Press ... This is a positive psychology text that gives exercises, media and for practice of positive psychology practices.

University of Pennsylvania Positive Psychology

Center <http://www.positivepsychology.org/> You can take self assessments here and participate in research studies through this center.

VIA Me Positive Psychology website <http://www.viacharacter.org/www/#nav> At the Values in Action website you can take the VIA Me assessment of strengths and identify your *5 signature strengths*

[www.Strengthsfinder.com](http://www.Strengthsfinder.com)

This page has links to the websites for strengthsfinder 2.0, strengths based leadership, and Gallup strengths center.

[www.strengthsquest.com/content/141365/resources.aspx](http://www.strengthsquest.com/content/141365/resources.aspx)

Excellent resource center with pdf files.