



Australia's National  
Science Agency

# Strengths Wheel

Teacher Resource  
STEM Together



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# About CSIRO's teacher resources

CSIRO, the national science agency, has been delivering high-quality STEM education and outreach programs and initiatives for Australian teachers, students, and the community for over 40 years.

Our teacher resources are prepared in conjunction with Australian-based educators and are curriculum aligned.

## About STEM Together

STEM Together builds capability, confidence and connection with real-world STEM, offering 'Future Shaper' recognition opportunities for students and supporters, and professional learning and tools for educators.

STEM Together prioritises opportunities for Year 5–10 students that identify as either Aboriginal and/or Torres Strait Islander, female, from schools in regional and/or lower socio-educational advantage areas.

[csiro.au/stem-together](https://csiro.au/stem-together)

## About the Strengths Wheel

This worksheet is a self-reflection tool designed to empower students to think about their strengths, set their own learning goals, and identify actions to help them achieve personal success. Consider completing one yourself to share with your students as an example.

When using this tool with students and young people, it is important to:

- Support self-reflection and conversations around strengths-based learning: To gain maximum value, allow time for the conversations that follow.
- Create a safe space for reflection: Clearly state if there will be an invitation or expectation for the students to publicly share their personal reflections and goals, before starting the activity.
- Acknowledge a student's broader community: When asking students to identify strengths, support networks and learning opportunities, encourage them to think both inside and outside of the school environment. Family, culture, community, sport, work and/or personal interests may help stimulate new thinking around strengths, goals and opportunities.
- Revisit the 'My Strengths' worksheet again: Completing a new 'My Strengths' worksheet after a period of time may help students to see their own progress. Encouraging students to keep their 'My Strengths' wheel in a safe place (in sealed envelopes if the expectation is that they are private) allows for future comparison while also reiterating that in this activity, the student is responsible for their own learning journey.

# Curriculum links

## Australian Professional Standards for Teachers

Domain: Professional Knowledge

*Standard 1: Know students and how they learn*

- 1.1 Physical, social and intellectual development and characteristics of students
- 1.3 Students with diverse linguistic, cultural, religious and socioeconomic backgrounds

Domain: Professional Practice

*Standard 3: Plan for and implement effective teaching and learning*

- 3.1 Establish challenging learning goals
- 3.2 Use teaching strategies
- 3.4 Select and use resources

*Standard 4: Create and maintain supportive and safe learning environments*

- 4.1 Support student participation

## Australia Curriculum F-10

General Capabilities – Personal and social capability

*Self-awareness*

Personal awareness – students develop an appreciation of their personal qualities and areas for growth. Through acknowledgment and assessment of their thoughts, feelings, actions and abilities, students can plan for growth across a range of contexts.

Reflective practice – students reflect cyclically on feedback and self-assessment to evaluate their learning and the factors, personal or otherwise, that influence this learning.

*Self-management*

Goal setting – students develop the organisational and planning behaviours needed to set, adapt and achieve goals.

Perseverance and adaptability – students persist in the face of setbacks and frustrations. They learn to review and modify their approaches when faced with challenges and to build strategies to complete tasks and overcome obstacles.

# Using the Strengths Wheel: Teacher instructions

## Objective:

Empower students to identify and celebrate their strengths, build self-awareness, and set goals for improvement.

## Timing:

45 minutes

## Materials needed:

- Strengths wheel template
- Scoring key worksheet (optional)
- Vocabulary prompts – Words to celebrate your success (with or without definitions, optional)
- Reflection prompts (optional)

## Instructions:

1. Start a class discussion: Ask students to think about what they are good at, within and outside of school.

Encourage them to consider areas such as family, culture, and community involvement. Examples may include sports, cooking, coding, drawing, volunteering, or academic subjects they excel in.

You may like to consider different ways students can share their strengths, such as a Think-Pair-Share, in a small group, as a whole class or in a journal.

2. Reflect on strengths: Once students have identified at least three things they are good at, prompt them to reflect on why they are good at those activities.

Encourage them to identify the specific skills and abilities that contribute to their success. Discuss words that describe them or what they aspire to be.

You can brainstorm descriptive words as a class, refer to school or class values, or use the provided 'Words to Celebrate Your Strengths' resource.

Students need to identify four strengths to fill-in the strengths wheel.

3. Identify areas for improvement: Guide students to think about one area they would like to improve in to include in the wheel. For instance, if they want to enhance their sports abilities or artistic skills, identify the necessary skills to achieve success in those areas.

4. Create the Strengths Wheel: Provide each student with the Strengths Wheel template. In the outer ring, students write their chosen words that represent their strengths.

Two specially marked sections are available:

- In the section marked  "Something I'm Really Good At," students record a strength they are confident in.
  - In the section marked  "Something I Want to Improve On," students note an area they wish to develop.
5. Reflect on meanings: In the second ring of the wheel, students can individually write down what each word means to them or provide examples. They can also discuss these meanings in small groups or as a class.

6. Score strengths: At the centre of the wheel, students can use their own scoring system from the provided scoring key worksheet to rate their current knowledge or capability for each strength.
7. Set goals: Encourage students to focus on the area they want to improve and set specific goals for themselves.

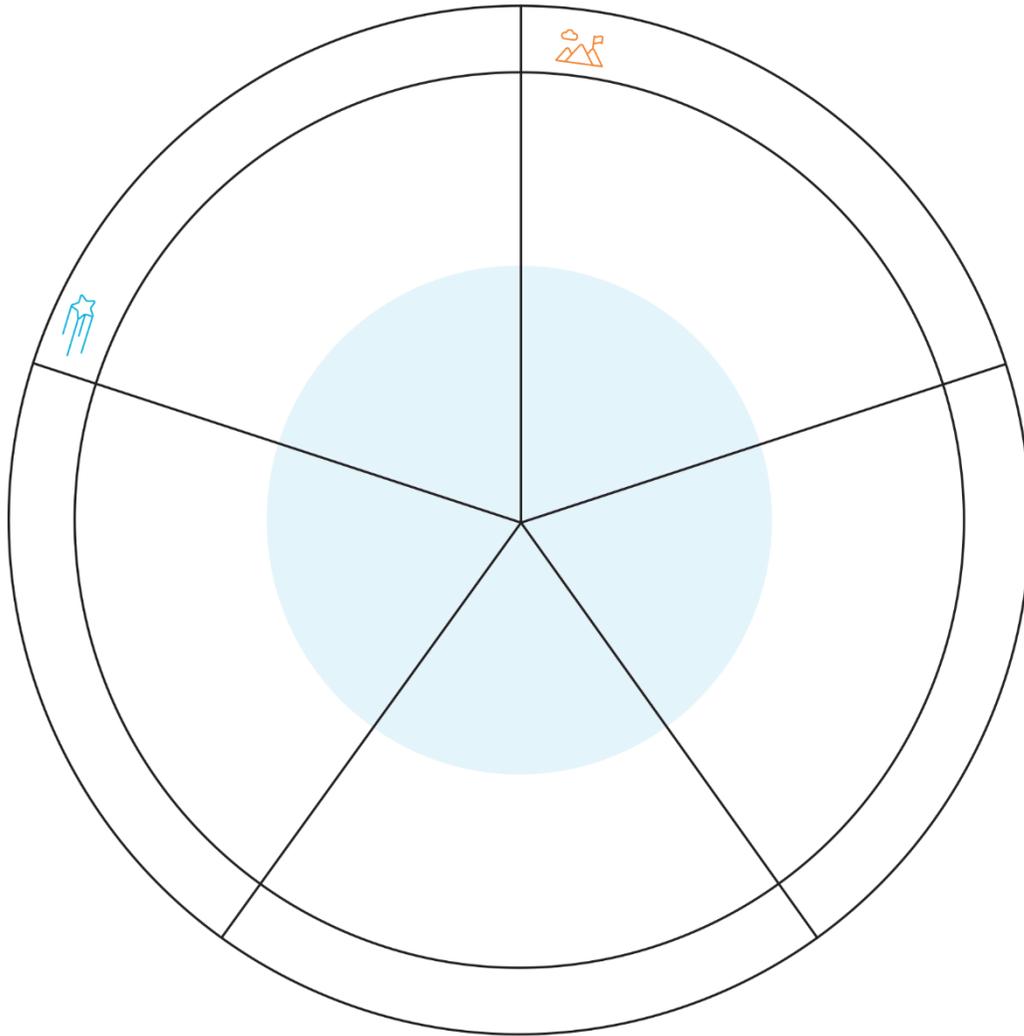
These goals can be short or long-term. Support them in identifying people, projects, or opportunities where they can access resources and experiences to achieve their goals.

8. Share and connect: If appropriate for the classroom setting, invite students to share their strengths and goals with their classmates.

Encourage students with matching strengths or goals to connect for peer-to-peer learning and support.

9. Reflection (if applicable): Use the provided reflection prompts to encourage students to reflect on their progress toward their goals at appropriate intervals.

# My strengths wheel



My biggest strengths are:

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I would like to get stronger in:

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My goal:

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Actions I can take to reach my goal:

1. 

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2. 

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Someone who can help me reach my goal is:

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\_\_\_\_\_  
Name

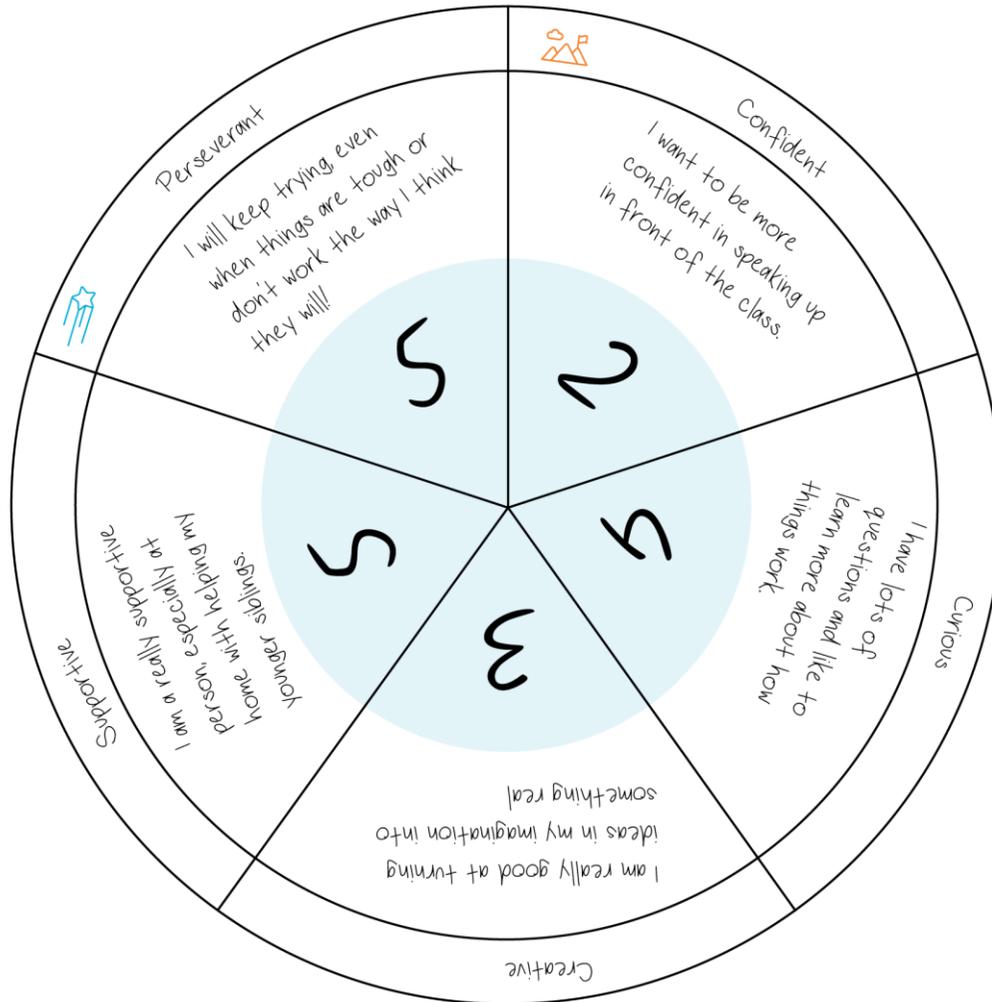
\_\_\_\_\_  
Date

# My strengths wheel

(Sam's example)

Sam's Scoring Key	Very high	5
	High	4
	Moderate	3
	Low	2
	Very low	1

Sam likes to work in a team, but doesn't feel confident enough to add their thoughts in group discussions. Confidence is the skill that can help them speak up in groups and be more collaborative. So, for the word 'Confidence', Sam places a 2 as this is the skill they want to improve the most.



Sam

14th Aug 2023

Name

Date



## My biggest strengths are:

Persevering even when things are tough, and to keep trying my best. I do this at footy, in my science experiments, and when making my creations.



## I would like to get stronger in:

Confidence and public speaking. I like to work in teams and share ideas with others. I think I am a good team member, but sometimes I don't like to speak up.

## My goal:

To be confident enough to speak up and answer questions in class and join in group discussions.

## Actions I can take to reach my goal:

- I can talk to my teacher about what they do to be confident in speaking in front of the class.
- I can practice and start small – I'll start in my project team, then work up to speaking in front of the whole class.. and maybe by the end of the year, the whole school assembly!

## Someone who can help me reach my goal is:

I can talk to my friends about it, so that they know what I'm feeling and can support me in class. My teacher is really good at it, so they might have some ideas for me to try.

# Scoring key



Design your own scoring key to express your self-assessment for each strength.

You can use numbers, emojis, colours, shapes, patterns, words or anything else you choose.



You will use the same key every time you complete the 'My Strengths' worksheet.

**Very high**

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**High**

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**Moderate**

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**Low**

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**Very low**

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# Words to celebrate your strengths

You can come up with your own words to describe your strengths or use some from here

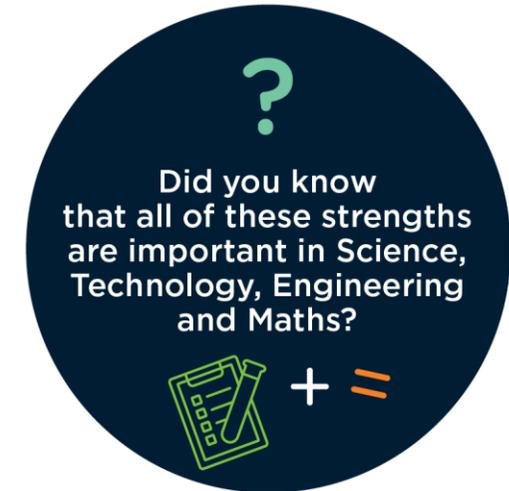
- Accessible
- Adaptable
- Appreciative
- Assertive
- Attentive
- Brave
- Calm
- Charming
- Collaborative
- Communicative
- Confident
- Considerate
- Consistent
- Courageous
- Creative
- Curious
- Dedicated
- Decisive
- Detailed
- Fair
- Diligent
- Easy-going
- Encouraging
- Enthusiastic
- Efficient



- Focused
- Friendly
- Generous
- Hard-working
- Helpful
- Honest
- Humble
- Inclusive
- Influential
- Intelligent
- Inventive
- Innovative
- Keen
- Kind
- Logical
- Loyal
- Modest
- Nice
- Observant
- Outgoing
- Optimistic
- Patient
- Persistent
- Perseverant
- Positive



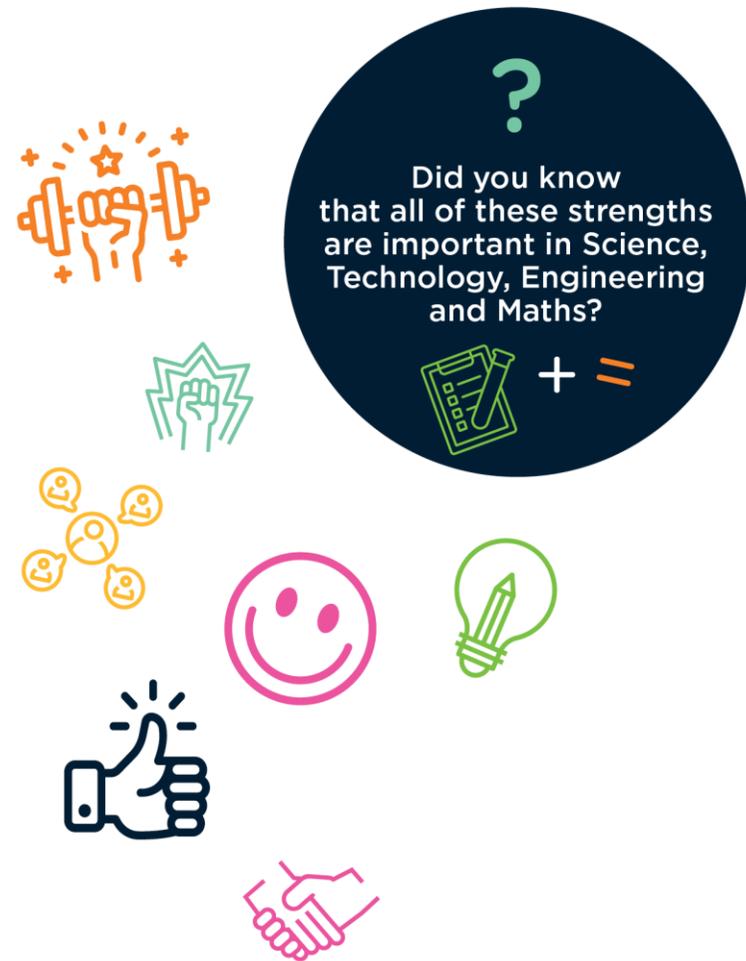
- Practical
- Proactive
- Purposeful
- Quick-Witted
- Reasonable
- Reliable
- Resilient
- Resourceful
- Respectful
- Self-Confident
- Self-Disciplined
- Self-Motivated
- Sensible
- Sincere
- Sociable
- Straightforward
- Supportive
- Take-charge
- Thorough
- Tidy
- Understanding
- Versatile
- Warm-hearted
- Wise
- Witty



# Words to celebrate your strengths

You can come up with your own words to describe your strengths or use some from here

- Accessible – You are easy to talk to and make others feel comfortable and welcome.
- Adaptable – You can change and adjust to different situations.
- Appreciative – You are thankful and understand the value of things and people.
- Assertive – You confidently express your opinions without being aggressive.
- Attentive – You pay close attention and show interest in what's happening.
- Brave – You show courage and are not scared of challenges.
- Calm – You stay peaceful and relaxed even when things are tough.
- Charming – You have a friendly personality that makes others happy to be around you.
- Collaborative – You work well with others to achieve goals together.
- Communicative – You share your ideas and feelings with others effectively.
- Confident – You believe in yourself and what you can do.
- Considerate – You think about others and are kind to them.
- Consistent – You behave the same way regularly and reliably.
- Courageous – You are brave and face difficult situations without fear.
- Creative – You use your imagination to come up with new ideas.
- Curious – You love learning and exploring new things.
- Dedicated – You put effort and focus into your goals and tasks.
- Decisive – You can make choices and decisions with confidence.
- Detailed – You pay close attention to small things and understand tasks fully.
- Fair – You treat everyone equally and fairly.
- Diligent – You work hard and pay attention to details.
- Easy-going – You are relaxed and flexible, not easily upset.
- Encouraging – You support and motivate others.
- Enthusiastic – You show excitement and passion about things.
- Efficient – You can get tasks done quickly and well.
- Focused – You can concentrate on one thing without getting distracted.
- Friendly – You are warm and welcoming to others.
- Generous – You share and show kindness to others.
- Hard-working – You put a lot of effort into what you do.
- Helpful – You are always ready to help others.





- Honest – You tell the truth and are sincere.
- Humble – You are modest about your achievements.
- Inclusive – You make everyone feel welcome and valued.
- Influential – You can make a positive impact on others.
- Intelligent – You are smart and understand things well.
- Inventive – You can come up with new and original things.
- Innovative – You have creative ideas and ways of doing things.
- Keen – You have a strong interest and enthusiasm for things.
- Kind – You are caring and considerate to others.
- Logical – You think and reason in a clear way.
- Loyal – You are faithful and stand by your friends and family.
- Modest – You don't brag or show off.
- Nice – You are friendly and pleasant to be around.
- Observant – You notice and pay attention to things around you.
- Outgoing – You are sociable and comfortable in social situations.
- Optimistic – You have a positive and hopeful outlook.
- Patient – You can stay calm and understanding, even in tough times.
- Persistent – You don't give up easily and keep trying to reach your goals.
- Perseverant – You keep going and don't give up on your dreams.
- Positive – You look for the good in things and inspire others with your optimism.
- Practical – You deal with things in a sensible and realistic way.
- Proactive – You take the initiative to make things happen.
- Purposeful – You act with intention and have clear goals in mind.
- Quick-Witted – You think quickly and cleverly.
- Reasonable – You are fair and sensible in your actions.



- Reliable – You are dependable and can be trusted.
- Resilient – You can bounce back from setbacks and difficulties.
- Resourceful – You can find clever solutions to problems.
- Respectful – You treat others with politeness and consideration.
- Self-Confident – You believe in yourself and your abilities.
- Self-Disciplined – You can control your behaviour and stay focused.
- Self-Motivated – You are driven and inspired to achieve your goals.
- Sensible – You make wise and practical decisions.
- Sincere – You are genuine and honest in your feelings.
- Sociable – You enjoy being with others and are friendly in social settings.
- Straightforward – You are honest and direct in your communication.
- Supportive – You encourage and help others.
- Take-Charge – You are willing to lead and take responsibility.
- Thorough – You are very detailed and complete in your work.
- Tidy – You keep things clean and organised.
- Understanding – You are empathetic and try to understand others' feelings.
- Versatile – You can handle different tasks and situations with ease.
- Warm-Hearted – You are kind, caring, and affectionate.
- Wise – You have a deep understanding and good judgment.
- Witty – You are clever and have a good sense of humour.



# Reflection prompts

Reflection

\_\_\_\_\_ **Date**

Today in class I learned \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How can I use what I've learned to work on my goal? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reflection

\_\_\_\_\_ **Date**

What challenges am I facing right now? \_\_\_\_\_  
\_\_\_\_\_

How can I learn and improve from these challenges? \_\_\_\_\_  
\_\_\_\_\_

Tomorrow I plan to \_\_\_\_\_  
\_\_\_\_\_

Reflection

\_\_\_\_\_ **Date**

Have you made progress toward your set goals? How do you know?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reflection

\_\_\_\_\_ **Date**

What 'big wins' have you experienced while working toward your goal?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Reflection prompts

Reflection

\_\_\_\_\_ **Date**

Can you list things you are proud of accomplishing in your journey toward your goal?

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Reflection

\_\_\_\_\_ **Date**

Are there any signs of growth or improvement you can identify?

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Reflection

\_\_\_\_\_ **Date**

How have you embraced challenges and learned from any setbacks?

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Reflection

\_\_\_\_\_ **Date**

Have you asked for support or used resources that have contributed to your progress?

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# CSIRO Education: Opportunities for teachers and students

At CSIRO, we're passionate about the power of science, technology, engineering and mathematics to unlock a better future for all Australians.

We offer a range of programs nationally, all designed to bring real science to life in our classrooms and communities. All of our resources are curriculum-aligned and use best practice STEM teaching methods.

## STEM Professionals in Schools

STEM Professionals in Schools is a national skilled volunteer program that facilitates flexible, ongoing partnerships between STEM professionals and teachers. Through these relationships, STEM Professionals in Schools brings real science, technology, engineering and mathematics into Australian classrooms.

[csiro.au/STEM-Professionals-in-Schools](https://csiro.au/STEM-Professionals-in-Schools)

## STEM Together

STEM Together builds capability, confidence and connection with real-world STEM, through 'Future Shaper' recognition opportunities for students and supporters; and professional learning and tools for educators.

STEM Together prioritises opportunities for Year 5–10 students that identify as either Aboriginal and/or Torres Strait Islander, female, from schools in regional and/or lower socio-educational advantage areas.

[csiro.au/stem-together](https://csiro.au/stem-together)

## Generation STEM

Generation STEM is a 10-year program designed to attract, support, train and retain NSW students in STEM educational and career pathways. As part of Generation STEM, the STEM Community Partnerships Program targets Year 7 to 10 students, helping to develop their STEM skills and provide exposure to local STEM careers and pathways. Deadly in Generation STEM aims to increase the participation of NSW Aboriginal and/or Torres Strait Islander students in STEM, through Culture and On Country. Generation STEM Links provides high-quality internships to help tertiary students gain relevant workplace skills and transition into STEM jobs after graduation. [csiro.au/generationSTEM](https://csiro.au/generationSTEM)

## Young Indigenous Women's STEM Academy

Funded by the National Indigenous Australians Agency, the Young Indigenous Women's STEM Academy provides a holistic, streamlined approach to support to Aboriginal and/or Torres Strait Islander young women in secondary school through tertiary studies and onto exciting careers in STEM. The Academy promotes access to STEM careers through a range of opportunities, tailored to each student.

If you know a young Indigenous woman who is interested in STEM, please encourage them to find out more and apply to join the Academy. [csiro.au/yiwsa](https://csiro.au/yiwsa)

## Creativity in Research Engineering Science and Technology (CREST)

CREST is a non-competitive awards program that supports both primary and secondary students in the design and implementation of their own open-ended science investigation or technology project.

[csiro.au/crest](https://csiro.au/crest)

## PULSE@Parkes

With this innovative program, secondary school students observe with the iconic Parkes radio telescope live but remotely to view pulsars, analyse their data and meet with our professional astronomers.

[research.csiro.au/pulseatparkes](https://research.csiro.au/pulseatparkes)

## Atlas of Living Australia

The Atlas of Living Australia is an online database of more than 55 million species of flora and fauna. There are also classroom activities using the ALA that align with the Australian Curriculum. [ala.org.au](http://ala.org.au)

## Living STEM: Connecting Indigenous knowledges to the classroom

Through participation and completion of Living STEM, educators are equipped with the knowledge, practices and resources required to implement the Living STEM inquiries in their classroom.

The program provides a mixed delivery model of online and face-to-face activities to meet the educational needs of clusters and individual schools in the Perth and Pilbara regions of Western Australia.

## Educational Datasets

Real-world CSIRO research data is available for students to analyse. These datasets are differentiated and supported by teaching resources to build data literacy skills from novice to programmer. Suitable for Years 3–6 and 7–12. [csiro.au/Datasets](http://csiro.au/Datasets)

## Double Helix

*Double Helix* is Australia's leading science magazine for school-aged children, designed to foster an interest in STEM. *Double Helix* Extra is our free email newsletter delivering news, quizzes and hands-on activities straight to your inbox. [doublehelixshop.csiro.au](http://doublehelixshop.csiro.au)

## Virtual Work Experience

The Virtual Work Experience program connects small groups of students from across Australia to take on STEM-based work experience projects supervised by industry experts. The supervisors work with students remotely, using online collaboration spaces and videoconferencing.

Students gain valuable experience in STEM, and learn about STEM careers and new ways of working, while developing important enterprise skills, such as negotiation and communication. Opportunities are available with CSIRO, Defence Industry and Defence Science and Technology Group. [csiro.au/Virtual-Work-Experience](http://csiro.au/Virtual-Work-Experience)

## Discovery Centre

An interactive exhibition in Canberra showcasing CSIRO research and innovation with a range of curriculum aligned school programs for students from K–12 that connect students with the work of CSIRO scientists. Workshops cover topics such as DNA electrophoresis, forensics and ecology. Bookings essential. [csiro.au/discovery](http://csiro.au/discovery)

## Your Diet and Your DNA

Students step into a virtual laboratory where they can investigate the impact that healthy and unhealthy diets have on DNA. Based on scientific research conducted by CSIRO Health and Biosecurity. [csiro.au/Diet-and-DNA](http://csiro.au/Diet-and-DNA)

## Sustainable Futures

An education program for primary and secondary teachers that combines the latest in climate science with education in sustainability. [csiro.au/sustainablefutures](http://csiro.au/sustainablefutures)

As Australia's national science agency and innovation catalyst, CSIRO is solving the greatest challenges through innovative science and technology.

CSIRO. Unlocking a better future for everyone.

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For further information and to share feedback

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