

# CliftonStrengths® Instructions

## What is CliftonStrengths?

CliftonStrengths is an online assessment tool used to discover and develop your greatest talents. You Are Unique. You Are Powerful. Be Confident With Who You Are.

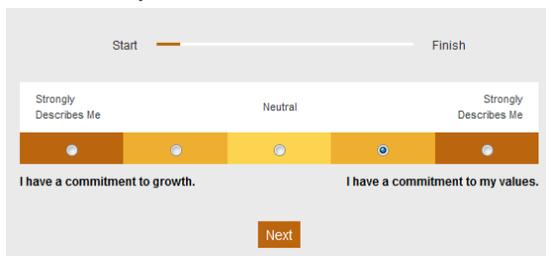
CliftonStrengths will help explain exactly how you stand out in the world. You can use your CliftonStrengths in all aspects of life: academically and personally! We will use this report during your orientation and into your education journey with Allen College. CliftonStrengths has been adapted into the culture of how we show up, how we work with each other and how we get things done! Take your assessment today and let's start studying all the things right within you!

## Follow these instructions to take the CliftonStrengths® Assessment

- Go to Allen College Email to find your personalized CliftonStrengths Code
- Go to: <https://my.gallup.com/Home/RedeemAccessCode>
- Enter your personalized code
- Create your account; it will ask you to create a username and password
- Follow all prompts
- The Gallup system will email a verification code, enter it to complete setting up your account
- Follow directions to complete the assessment
- Please take the assessment only once. Should you have difficulty, please call the Gallup Help Center at (888) 486-9104. **Do not share the code or link with anyone else.**

## Here are a couple of tips for taking the assessment:

- Please give yourself 30-40 minutes of **uninterrupted** time to complete the assessment.
- There are 177 paired-choice questions.
- For example:



- Choose the side that describes you the best by selecting Strongly Describes Me or the next selection down. If either of the choices does not resonate with you, or you feel the same about both of them, please choose Neutral. The caution is to avoid overusing Neutral. Any responses where you choose Neutral are thrown out.

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- **You will only have 20 seconds to answer each question**, and you cannot go back and change answers. Go with your gut reaction. There are no right or wrong answers.

## When you're finished

After you complete the assessment, please review your CliftonStrengths report, paying attention to those items that are most true of you. ***You will need to have access to your report during your orientation session.***

If you encounter issues with your access code, please view the Gallup Strengths Center Help page.

For other questions, please contact [admissions@allencollege.edu](mailto:admissions@allencollege.edu) or (319) 226-2014.