

PSY 110HA
Virtues in Action Survey
Guidelines and Rubric

Complete the Virtues in Action (VIA) Survey of Character Strengths located at:
<http://www.authentic happiness.sas.upenn.edu/Default.aspx>.

You will need to create a brief profile that includes a user name and password. After creating a profile, complete the **VIA Survey of Character Strengths**.

After completing the survey, you will receive feedback on your top character strengths. In a two page paper, report your top three strengths and how these particular strengths might benefit your cognitive, emotional, and behavioral health. For example, how do these strength aid to you in both good and bad times? Do you rely on these strengths often, or are they inner traits that are valuable only in certain situations? Use basic APA style guidelines (1" margin, 12 point Times New Roman font, double-spaced).

Grading Rubric

<u>Rating Scale</u>	<i>Exemplary:</i>	Corresponds to an A- to A (90-100%)
	<i>Proficient:</i>	Corresponds to B- to B+ (80-89%)
	<i>Basic:</i>	Corresponds to C- to C+ (70-79%)
	<i>Novice:</i>	Corresponds to D to D+ (60-69%)
	<i>Not Attempted:</i>	Corresponds to an F (0-59%)

Elements	Criteria					Score
	<i>Not Attempted</i> (Criterion is missing or not in evidence). 0-14.99%	<i>Novice</i> (does not meet expectations; performance is substandard). 15-17.49%	<i>Basic</i> (works towards meeting expectations; performance needs improvement). 17.5-19.99%	<i>Proficient</i> (meets expectations; performance is satisfactory). 20-22.49%	<i>Exemplary</i> (exceeds expectations; performance is outstanding). 22.5-25	
Strengths identified & explained (from Values in Action survey). 25%	There was little or no evidence the survey was completed.	The paper fails to address one of the strengths identified.	The paper addresses two of the strengths identified.	The paper addresses all of the strengths identified, but not adequately.	The paper adequately identifies and explains of the strengths from the Values in Action survey.	___/25
Length requirements (at least two pages, APA). 25%	There was little or no evidence of an essay.	The paper is entirely too short.	The paper contains a great deal of "fluff" and still doesn't meet the length requirements.	The paper is just a little on the short side and/or it meets the requirements only because it contains "fluff" that could use trimming.	The paper falls within the required length requirements without going over and without straying from the main topic.	___/25

<p>Mechanics of writing. 25%</p>	<p>Little to no evidence of proper writing mechanics.</p>	<p>The grammar of the paper greatly impedes understanding of content; and/or the paper contains no citations.</p>	<p>The paper needs a good deal of improvement with respect to grammar, spelling, and/or style.</p>	<p>The paper is mostly free of errors with respect to grammar, spelling, and/or style, but needs some improvement in this area.</p>	<p>The paper is nearly perfect with respect to grammar, spelling, and style.</p>	<p>____/25</p>
<p>Application. 25%</p>	<p>The paper exhibits a complete lack of application of strengths to one's behavior.</p>	<p>The paper exhibits very little application of strengths to one's behavior.</p>	<p>The paper exhibits basic application of strengths to one's behavior.</p>	<p>The paper exhibits sufficient application of strengths to one's behavior. but some improvement needed.</p>	<p>The paper does an excellent job demonstrating insight into one's strengths and how they relate to relevant behaviors.</p>	<p>____/25</p>

____/100