

Memorandum

To: Attendees at the upcoming Institute for Law Teaching and Learning conference

From: Professor Lisle Baker

Date: May 10, 2023

Subject: Taking a free VIA Character Strengths survey prior to my ILTL presentation on June 1

As you will note from the Institute for Law Teaching and Learning program calendar for June 1, I will be presenting as part of Session 2 at 10:30 a.m. in Room A on the topic of *Educating Law Students about Well-being Practices as Part of their Professional Identity*.

Part of my presentation will include information about helping students understand the strengths of character that they bring to their roles as students and ultimately as lawyers. I have found it helpful to introduce them to this topic by having them take a free online survey offered by the nonprofit VIA Institute of Character (www.viacharacter.org). The VIA Institute has designed this survey principally around the work of psychologist Christopher Peterson and Martin Seligman, summarized in their book, *Character Strengths and Virtues - a Handbook and a Classification* (2004), and subsequent research. It takes about 25 minutes to complete.

A friend who is both a lawyer and professional coach, Ruth Pearce, uses the VIA survey with her clients. For a number of my classes, she has offered the students a chance to take the VIA survey through her VIA portal so they not only get their individual results, but also learn about the class as a whole. This group profile has been helpful to the students in understanding not only themselves, but also how they might recognize character strengths in other people.

Because of a schedule conflict Ruth cannot attend the Conference on June first, but she has offered to prepare a similar collective but anonymous profile of those attending my presentation. The understanding is that those who participate would still receive their individual results as they would if they took the same survey directly through the VIA website.

Therefore, if you would like to take the VIA character strength survey through Ruth's portal, please go to <https://ILTL2023.pro.viasurvey.org/> and follow the instructions.

Ruth's only request is that, if you would like to participate, you complete your survey prior to the close of business on **Saturday, May 27** (Memorial Day weekend), as we need time to prepare a summary report for the Conference presentation on June first.

Please let me or Ruth know if you have any questions. My email is lbaker@suffolk.edu, and Ruth's is RuthPearce@ALLELLC.org.

Thank you.