

Developing Strengths and Community with Catalyst

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Procedure

1. If you have not already created a Catalyst account, go to <https://catalyst.uoregon.edu/> to sign up and access your account.
2. Watch the [Identifying Strengths for Growth](#) video. Then, if you are a new user, browse the video tutorials (under “About” on the left side of the dashboard). Alternatively, you may use this link: <https://catalyst.uoregon.edu/tutorials>.
3. Once you are ready, complete the TELL Self-Assessment on Catalyst (use the “Quick Assess” button under “My Progress” on the right side of the dashboard. Alternatively, you may use this link: <https://catalyst.uoregon.edu/quick-assess/>). It is recommended that you choose to complete this self-assessment only for the domains you find most interesting and/or relevant to your practice. No matter your approach, as you are assessing, think about which of the indicators is a strength of yours that you want to continue refining.
4. Identify at least one strength as a goal within the TELL Framework by clicking the star icon as you self-assess. This selection will trigger a pop-up window that allows you to articulate your goal associated with the strength and your plan for achieving that goal.
5. Next, find a peer to collaborate with. You may either work with someone you already know or search for people with the same goals and strengths by finding “My Community” in the center of the dashboard and clicking “Add Members”.
6. Once you have connected with your peer, set up a 15-minute meeting to discuss the strength you want to refine and the goal you articulated in Step 3. Use a SMART goal framework to guide the meeting. The associated questions are below.
 - a. Specific: What is the specific TELL Indicator you want to refine?
 - b. Measurable: How will you measure success with that goal?
 - c. Achievable: Are you sure your goal is achievable?
 - d. Relevant: Why is the goal relevant to your practice?
 - e. Time-bound: What is your timeline for achieving the goal?
7. During the time period you defined in Step 6, Question 5, upload evidence of your practice toward your goal on Catalyst. Agree with your partner to provide feedback a set number of times during that timeframe.
8. Meet again and reflect on how well you have grown your strengths!