

VIA測驗步驟-1(登入或註冊)

← → ↻ <https://www.authentic happiness.sas.upenn.edu/zh-hant/user/login?destination=node%2F434> 🔑 📄 ☆ ☰



Authentic Happiness

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User Login

使用者名稱 *

e98780352@gmail.com

密碼 *

輸入您的密碼。

登入

[Forgot Password?](#)

[Register](#)

進入網站後,可點選
中文或英文, 請看
箭頭處!

第一次使用的同學
請點選右方語言列
後進行註冊!

English

简体中文

繁體中文

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VIA測驗步驟-2(填寫資料)

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可以使用空格; 除了半形句點、連結線和底線 (- _) 之外，不可使用其他符號。
You may choose your e-mail address as your username. If you do so, please enter it again in the box below to validate.

電子郵件位址 *

一個有效的電子郵件地址。所有由系統發出的電子郵件將寄往此地址。這電子郵件地址不會被公開，並且只在您想要取得新密碼、接收消息或通知時，我們才會用此電子郵件地址寄信給您。

密碼 *

密碼強度：

確認密碼 *

為新帳號設定密碼。請輸入兩次密碼。

First Name

Date of Birth

Month * **Year ***

2 月 ▾ 2015 ▾

Gender *
☐ Female
☐ Male

VIA測驗步驟-3(資料填寫完成)

Education Level *

- 選取一個值 -

Occupation *

- Select a value -

Zip/Postal Code *

Country

- 無 -

☒ Let Positive Psychology contact me.

I would like to receive general information on Positive Psychology and about opportunities in Positive Psychology. We do not share our email lists. See our [Privacy Policy](#).

Your responses to the questionnaires on this Web site are entirely voluntary and will be used anonymously in ongoing research by the University of Pennsylvania (Penn), the VIA Institute on Character, and other researchers that Penn gives permission to. You can fill out the questionnaires on this website if you consent to this.

☐ I agree *

CAPTCHA

This question is for testing whether or not you are a human visitor and to prevent automated spam submissions.



資料填寫完成後記得
在此填入圖片中的文
字,然後點選註冊新帳
號

註冊新帳號

VIA測驗步驟-4(選擇問卷)

← → ↻ <https://www.authentic happiness.sas.upenn.edu/zh-hant/user?current=user/register> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100



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一般快樂指數問卷

兒童優點問卷

快樂的途徑問卷

樂觀感測試

生命意義問卷

福代斯情緒問卷

價值實踐(VIA)突顯優點調查

報復動機問卷

感恩問卷

正面情感和負面情感指數問卷

生命滿足問卷

親密關係問卷

優點測試(簡式)

工作-生活問卷

抑鬱症自評量度問卷

毅力調查

真正的快樂問卷

註冊完成
後,進入問
卷部分,點
選此處進
行問卷調
查

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VIA測驗步驟-5(進行測驗)

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價值實踐(VIA)突顯優點調查



請就每項描述，選出最適合你的答案。這些描述是很多人所渴望的；但是，我們只想你以每項描述能怎樣形容你來作答。請誠實並準確地回應。只有在完成全部240條問題後。我們才可以分析和排列你的優點。

All questions must be completed for this questionnaire to be scored.

1. 我發現這個世界是個很有趣的地方。

- ☐ 非常似我
- ☐ 非常不似我
- ☐ 中立
- ☐ 不太似我

2. 我經常盡全力參加教育活動。

- ☐ 非常似我
- ☐ 非常不似我
- ☐ 中立
- ☐ 不太似我

3. 我經常認明自己行動的原因。

- ☐ 非常似我

VIA測驗步驟-6

測驗完成後,請將顯示結果轉存成word檔(如下圖),並上傳

價值實踐(VIA)突顯優點調查

以下是你在“價值實踐 VIA 突顯優點調查”的得分。請參考<<真正的快樂>> **Authentic Happiness** 一書，以助分析得分。各項優點的等級排列，反映了你在此調查中 24 項優點的整體分數，以及在每項優點中的能力。你最突出的五項優點，特別是那些被列為突顯優點的，都是值得你留意，並加以利用。百分比和棒狀圖表是按每項優點，把你的整體自我評分與其他人的自我評分作比較。棒度越長，代表越多擁有這項特有的優點。很多人在一些優點中有較高的分數，而其他的優點則較遜色，故此，棒狀圖表不一定與你個人的優點一樣有相同的等級排列。

Your Top Strength

fairness, equity, and justice -

Treating all people fairly is one of your abiding principles. You do not let your personal feelings bias your decisions about other people. You give everyone a chance.

Your Second Strength

Love of learning -

You love learning new things, whether in a class or on your own. You have always loved school, reading, and museums-anywhere and everywhere there is an opportunity to learn.

Strength #3

Modesty and humility -

You do not seek the spotlight, preferring to let your accomplishments speak for themselves. You do not regard yourself as special, and others recognize and value your modesty.

Strength #4

Judgment, critical thinking, and open-mindedness -

Thinking things through and examining them from all sides are important aspects of who you are. You do not jump to conclusions, and you rely only on solid evidence to make your decisions. You are able to change your mind.

Strength #5

Honesty, authenticity, and genuineness -

You are an honest person, not only by speaking the truth but by living your life in a genuine and authentic way. You are down to earth and without pretense; you are a "real" person.

Strength #6

Industry, diligence, and perseverance -

You work hard to finish what you start. No matter the project, you "get it out the

door" in timely fashion. You do not get distracted when you work, and you take satisfaction in completing tasks.

Strength #7

Citizenship, teamwork, and loyalty -

You excel as a member of a group. You are a loyal and dedicated teammate, you always do your share, and you work hard for the success of your group.

Strength #8

Gratitude -

You are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express your thanks.

Strength #9

Forgiveness and mercy -

You forgive those who have done you wrong. You always give people a second chance. Your guiding principle is mercy and not revenge.

Strength #10

Leadership -

You excel at the tasks of leadership: encouraging a group to get things done and preserving harmony within the group by making everyone feel included. You do a good job organizing activities and seeing that they happen.

Strength #11

Caution, prudence, and discretion -

You are a careful person, and your choices are consistently prudent ones. You do not say or do things that you might later regret.

Strength #12

Kindness and generosity -

You are kind and generous to others, and you are never too busy to do a favor. You enjoy doing good deeds for others, even if you do not know them well.

Strength #13

Appreciation of beauty and excellence -

You notice and appreciate beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

Strength #14

Humor and playfulness -

You like to laugh and tease. Bringing smiles to other people is important to you. You try to see the light side of all situations.

Strength #15

Capacity to love and be loved -