

5.1 Type One – Individual Instruments

5.1.1 VIA Inventory of Strengths Test, Universität Zürich

With the help of 264 questions, the VIA Inventory of Strengths (VIA-IS) records the 24 psychological character strengths of the VIA classification, classified into six virtues (Values in Action Institute [VIA], 2021). Participants receive a differentiated picture of their character strengths as feedback based on psychologically sound methods. It goes along with a comprehensive explanation document, elucidating the strengths and virtues (Universität Zürich, 2015). American psychologists Christopher Peterson and Martin Seligman developed the original questionnaire in cooperation with the American Values-In-Action (VIA) Institute in 2004. Willibald Ruch, a professor at the University of Zurich, adapted it to the German language and is constantly developing it further (Ruch et al., 2010). The VIA-IS is located in positive psychology, a field that aims to understand and promote factors and processes that allow individuals and communities to lead a “good life”. One of the key research areas positive individual personality traits (Ruch et al., 2010).

Although personality traits are relatively fixed, they can be influenced and developed through learning experiences (Ruch et al., 2010 according to Peterson & Seligman, 2004), so we included the VIA-IS in our set of good practices. Furthermore, there are intersections between the virtues/character strengths and FS. These intersections and additional contents of the questionnaire are depicted in Table 2.

Table 2: Mapping of VIA virtues & strengths and Future Skills approach according to Ehlers (2020)

Virtue	VIA Character Strengths	Corresponding FS Profiles
Wisdom	Creativity	Innovation competence, future and design competence
	Curiosity	Innovation competence, future and design competence
	Judgement	Sense making, decision competence
	Love of Learning	Learning literacy
	Perspective	Systems competence
Courage	Bravery	Self-efficacy, self-competence
	Honesty	Self-efficacy, self-competence
	Perseverance	Self-efficacy, self-competence
	Zest	Initiative and performance competence
Humanity	Kindness	Cooperation competence
	Love	
	Social Intelligence	Ethical competence, cooperation competence
Justice	Fairness	Cooperation competence
	Leadership	Cooperation competence
	Teamwork	Cooperation competence, communication competence
Temperance	Forgiveness	Cooperation competence
	Humility	Self-competence
	Prudence	Self-competence, cooperation competence
	Self-Regulation	Self-competence

Transcendence	Appreciation of Beauty and Excellence	-
	Gratitude	-
	Hope	-
	Humour	-
	Spirituality	-