This activity will help students explore the different qualities that make them unique. Complete each section by following the instructions provided.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Teacher Led** | **X** | **Requires Computer** |  | **Requires myBlueprint.ca** |  |

**LEARNING GOALS:**

1. Students will reflect on personal traits and how to apply their personal traits to daily situations.
2. Students will reflect on positive personal skills and understand the influence they have on others and how they can be utilized for personal advancement in the future.

|  |  |
| --- | --- |
| **Big Ideas** | * Use self-assessment and reflection to develop awareness of their strengths, preferences,  and skills |
| **Curricular Competencies** | * self-assessment for career research * reflection |
| **Content** | * role of mentors, family, community, school, and personal network in decision making |

**MATERIALS:**

* Writing tools
* Handouts [A] – [D]

**INSTRUCTIONS:**

1. AvHsdffdProvide students with the **Handout [A]-Top Five Things I Know About Myself** to complete individually
2. Upon completion, have students find a partner who shares one of the same qualities that he/she has identified previously on his/her **“Top Five Things I Know About Myself”** worksheet
3. In these pairs, have students discuss and share their lists and answer the *Compare and Contrast - Discussion Questions* in Handout A
4. Provide students with **Handout [B]-How I View Myself** and **Handout [C]-How Others View Me** to complete individually

\**Note*: **Handout [C]-How Others View Me** could be completed as a homework assignment to give

students the opportunity to ask their peers, family members, and teacher how they view them in

order to accurately fill out the chart.

1. Upon completion, provide students with **Handout [D]** to complete individually

**EXTENSION ACTIVITY:**

Ask students to write up a formal report based on the reflection questions and hand it in

(see Handout E for rubric)

**EXTENSION ACTIVITY:**

**Add 2 Boxes to your Portfolio**

1. Select **Home** from the navigation menu on the left hand side of your screen and select **Portfolios**. Click on your **About Me Portfolio**.
2. Add a **Box** called “**WHO DO I WANT TO BECOME?**” and upload a picture or video of something that best **describes who you want to become – this is not an occupation, but rather a character strength**
3. Add a title and a description.
4. Write a **reflection** on why you chose this picture or video

**HOMEWORK:** Share your portfolio with your parents so they can see what you’ve done so far

**HANDOUT [A]: TOP FIVE THINGS I KNOW ABOUT MYSELF**

List some traits that you would use to describe yourself and reflect on what that could mean in a work/school environment

|  |  |
| --- | --- |
| **I am…** | **Which means I…** |
| E.g. Punctual  E.g. Friendly | Respect deadlines  Thrive in a group setting |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |

\*Activity adapted from Brian Harris, B.A., M.Ed

**COMPARE AND CONTRAST – DISCUSSION QUESTIONS**

1. What are the similarities?
2. What are the differences?
3. What quality do you admire about your partner and why?

**HANDOUT [B]: HOW I VIEW MYSELF**

Decide if the following qualities are**: always**, **sometimes,** or **never** like you and check the corresponding boxes in the chart below.

|  |  |  |  |
| --- | --- | --- | --- |
| **Quality** | **Always** | **Sometimes** | **Never** |
| I AM RELIABLE |  |  |  |
| I AM PUNCTUAL |  |  |  |
| I AM HONEST |  |  |  |
| I AM POSITIVE |  |  |  |
| I AM HARDWORKING |  |  |  |
| I AM HAPPY |  |  |  |
| I AM KIND |  |  |  |
| I AM STUBBORN |  |  |  |
| I AM CREATIVE |  |  |  |
| I AM INTELLIGENT |  |  |  |
| I AM SELFISH |  |  |  |
| I AM OUTGOING |  |  |  |
| I AM CONFIDENT |  |  |  |
| I AM LOYAL |  |  |  |
| I AM HUMOUROUS |  |  |  |
| I AM FRIENDLY |  |  |  |
| I AM CAPABLE |  |  |  |
| I AM WITHDRAWN |  |  |  |
| I AM CURIOUS |  |  |  |
| I AM AMBITIOUS |  |  |  |
| I AM COMPULSIVE |  |  |  |

**HANDOUT [C]: HOW OTHERS VIEW ME**

Check off the qualities your family, peers, and teachers think you have in the chart below. Check off all that apply.

|  |  |  |  |
| --- | --- | --- | --- |
| **Quality** | **Your Family** | **Your Peers** | **Your Teachers** |
| RELIABLE |  |  |  |
| PUNCTUAL |  |  |  |
| HONEST |  |  |  |
| POSITIVE |  |  |  |
| HARDWORKING |  |  |  |
| HAPPY |  |  |  |
| KIND |  |  |  |
| STUBBORN |  |  |  |
| CREATIVE |  |  |  |
| INTELLIGENT |  |  |  |
| SELFISH |  |  |  |
| OUTGOING |  |  |  |
| CONFIDENT |  |  |  |
| LOYAL |  |  |  |
| HUMOUROUS |  |  |  |
| FRIENDLY |  |  |  |
| CAPABLE |  |  |  |
| WITHDRAWN |  |  |  |
| CURIOUS |  |  |  |
| AMBITIOUS |  |  |  |
| COMPULSIVE |  |  |  |

**HANDOUT [D]: REFLECTIONS**

**Reflection - How I View Myself:**

1. Make a list of **up to** **six** statements you rated **never**:

2. What does this say about you? Are you proud of this rating?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Make a list of **up to six** statements you rated **always**:



4. What does this say about you? Are you proud of this rating?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**REFLECTION – HOW OTHERS VIEW ME:**

1. List the qualities that your family peers and teachers agree on. What does this say about you?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
2. What qualities did others list for you that you disagree on?   
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. What qualities do you feel you have to work on? Why?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. What qualities are you most proud of? How can you use these traits to get forward in your life?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HANDOUT [E]: WRITING EVALUATION RUBRIC**

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CATEGORY** | **Level 4**  (80 – 100%) | **Level 3**  (70 – 79%) | **Level 2**  (60 – 69%) | **Level 1**  (50 – 59%) |
| **Content** | Writer goes above and beyond in the amount of detail in answers. Ideas are clear and easy to understand. | Writer provides average amount of detail in answers. Ideas are fairly clear and easy to understand. | Writer provides some detail in answers. Ideas are not very clear and somewhat difficult to understand. | Writer provides limited detail in answers. Ideas are not clear and cannot be understood. |
| **Understanding** | Writer has a clear and detailed understanding of their own abilities and is able to explain them with ease. | Writer proves to have an understanding of their own abilities and is almost always able to explain with ease. | Writer has some understanding of their own abilities and explains them with some difficulty. | Writer has limited understanding of their own abilities and has great difficulty explaining them. |
| **Application** | Writer is able to make a strong connection between their abilities and how they will impact their life. | Writer makes a connection between their abilities and how they will impact their life. | Writer makes some connections between their abilities and how they will impact their life. | Writer makes limited connections between their abilities and how they will impact their life. |
| **Grammar & spelling (conventions)** | Writer makes no errors in grammar or spelling. | Writer makes 1-2 errors in grammar and/or spelling. | Writer makes 3-4 errors in grammar and/or spelling | Writer makes more than 4 errors in grammar and/or spelling. |

**Teacher Comments:**

**/20**