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**M1 Lesson 1: Who am I?**

Core Competencies:

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| * Communication | * Thinking | * Personal & Social |

Big Ideas:

* Career life choices are made in a recurring cycle of planning, reflecting, adapting and deciding.

Curricular Competencies:

* Communicate with the intent to highlight personal strengths, talents, accomplishments and abilities
* Explore and connect experiential learning both inside and outside of school with possible and preferred career-life pathways
* Explore and reflect on career-life roles, personal growth, and initial planning for preferred career-life pathways

For students

In this lesson and short assignment, students will begin to think of self-knowledge, and how understanding of their self-knowledge affects their career life decisions.

**Self-knowledge** means ***understanding*** who you are and how you fit into your family and community.  It provides a grounding for you to understand both your current situation in life and future directions you may wish to take.  Are you aware of your interests, values, skills, limitations and lifestyle preferences?  This unit allows you to begin to explore who you are as an individual.  As you move through this course, you will have the opportunity to learn more about yourself with each module and activity.  Let's begin that journey now.

**Critical Questions**

* How does knowing ourselves improve our career choices and opportunities?
* How does developing self-awareness help us to make life and career choices?

**How Do I See Myself in The World?**

We all come from somewhere or have background from many places.  How do you see yourself in this vast world of different people?  What is your background?  The video below presents a research experiment on DNA.  It provides an interesting perspective on who we are as individuals and how we fit into society as a whole.

**The DNA Journey**

Video: <https://www.youtube.com/watch?time_continue=1&v=tyaEQEmt5ls>

Assignment

After watching the video, "My DNA Journey" answer the following questions as a class or individually:

**1. What conclusions can you draw from this video?**

**2. Does the DNA test change who you are?  Why or why not?**

**3. Would you be curious to find out your true ancestry?  Why or why not?**

Assessment

