­­­

**M1 Lesson 2: You and Your Strengths**

Core Competencies:

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

Big Ideas:

* Reflecting on our preferences and skills helps us identify the steps we need to take to achieve our career goals

Curricular Competencies:

* Use self-assessment and reflection to develop awareness of their strengths, preferences and skills
* Set and achieve realistic learning goals with perseverance and resilience
* Question self and others about how individual purposes and passions can support the needs of the local and global community when considering career choices

Lesson:

**Now it's time to Explore and Discover Your Strengths...**

Your interests, strengths, values, attitudes, and personal history all combine to make you who you are. When you are looking at career choices it is very important to get to know yourself first.

In this lesson, you will reflect on who you are and explore what learning style works best for you.

**1. Finding Your Unique Strengths**

Looking in a mirror:

You have already developed all sorts of wonderful skills, abilities and special talents - whether or not you've recognized that yet. Now's the time to identify some of your strengths.

Take out a piece of paper and draw a chart similar to the one below.

You're going to think about what you enjoy doing in school, outside of school, on the weekends, and at home to get a "quick snapshot" or "reflection" of yourself.

**A. List three things for each of the following:**

1. 3 things that you like to do,
2. 3 things that give you satisfaction,
3. 3 things that you have been recognized for and have received compliments for, and
4. 3 things that you haven't tried but would like to do.

Here are some examples to get you thinking- drawing, painting, building things, making music, playing baseball, reading, helping others, taking special care of pets, using electronic equipment - how many more can you think of?

Don't worry about how well you do them. This is only about identifying what gives you enjoyment or satisfaction.

|  |  |  |  |
| --- | --- | --- | --- |
| Things that you like to do | Things that give you satisfaction | Things that you have been recognized for and have received compliments for: | Things that you haven't tried yet but would like to do: |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**B. List the three subjects you enjoy most in school and why you like them.**For example: you like math because you like to problem solve; you like art because you enjoy drawing and being creative; you like shop class because you like to work with your hands; you like social studies because you enjoy working with maps.

Now it's your turn! Make a point form list of three favourite subjects and why you like to do these subjects:

| Three favourite subjects | Reason(s) why you like these subjects |
| --- | --- |
|  |  |
|  |  |
|  |  |

**C. List your three main personality strengths and weaknesses.**It's important to list both your strengths and weaknesses to discover what's important to you and what may be getting in your way of being successful and happy. Weaknesses are simply areas that you need to improve on so they don't become stumbling blocks in reaching your full potential. A weakness, when recognized, can be turned into a strength - it's all about knowing yourself.

Some examples to get you thinking: persistent, think of others before yourself, honest, hard-working, willingness to share, short tempered, lack of following through, grouchy, consistent, unreliable, etc.

Make a point form list:

| Three Strengths | Three Weaknesses |
| --- | --- |
|  |  |

Lesson:

**Part 1**

When you have finished this list, write up an autobiography of yourself (about 300 words), highlighting your greatest strengths, weaknesses and interests and what your life is like now.

**Part 2**

**Finding your Learning and Personality Styles**

You now have a pretty good idea of what you like to do, your greatest strengths and your favourite subjects in school.

Now, here is the fun part - getting to know you! Try these online personality tests to see what they say about you then submit a journal entry reflecting on the tests results.

Do you agree with what 'they' say about you? Write a journal entry about what you learned. For each of the four tests, record what you learned about yourself. Write down three things that you already knew, and three things that surprised you about yourself. For example, one thing that you discovered is that you like to learn by hearing information instead of reading information, or vice-versa.

Online Learning Style and Personality Tests:

* Right Brain/Left Brain Thinking: <http://www.web-us.com/brain/braindominance.htm>
* Career Quiz: <http://www.kidzworld.com/quizzes/show/203> (there are some commercial pop-ups for children's cereal and other products that you should ignore.
* Personality Tests: http://www.personalitytype.com/career\_quiz
* http://kisa.ca/personality/

Assessment:

(see next page)

