In this activity, students will begin with an activity that increases awareness of the characteristics or qualities that make up their personality. Afterwards, they will complete the ***Who Am I Personality*** assessment on myBlueprint and reflect on their results.

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

**LEARNING GOALS:**

1. Students will discover and understand different factors that contribute to their personalities.
2. Students will identify their strengths and weakness, and increase their self-awareness.

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| --- | --- |
| **Big Ideas** |  |
| **Curricular Competencies** |  |
| **Content** |  |

**MATERIALS:**

* Computers, tablets or mobile devices
* Handout [A]- Important Characteristics Activity
* Handout [B]- My Personality
* Handout [C]- Exploring Personality Matches

**GETTING STARTED:**

1. Have students visit [www.myBlueprint.ca](http://www.myBlueprint.ca), and enter their email and password to log in.
2. **Forgotten password?** Students can reset their passwords by clicking on the ‘Forgot your password?’ link in the green Existing User box.
3. **Forgotten email?** As a teacher/counsellor, you can reset your students’ emails and passwords in your Student Manager or My Classes.

**INSTRUCTIONS:**

1. Provide students with **Handout [A]: Important Characteristics** and have students complete the activity individually. Have students get into pairs to discuss their ideas to understand that everyone has unique qualities and find different characteristics to be important.
2. Discuss with students the definition of personality and explain why knowing your personality type is beneficial (heightened self-awareness, facilitates acceptance of who you are, and helps to develop an understanding of your natural strengths and weaknesses. You also learn that people aren’t necessarily wrong, they are different).
3. Have students log in to their myBlueprint account and complete the Personality assessment (*36 questions)* and answer the questions in **Handout [B]: My Personality.**
4. Once students have completed the Personality assessment and Handout [B], have students complete the **Handout [C]: Exploring Personality Matches**

**HANDOUT A: IMPORTANT CHARACTERISTICS ACTIVITY**

1. Select 10 adjectives from the list that best describe you, and list them in order of how well they describe you.
2. Then select 10 adjectives from the list that you think are the most important characteristics to have in a friend. List them in order of importance.

|  |  |  |
| --- | --- | --- |
| **Adjectives** | **Adjectives that best describes you** | **Important characteristics**  |
| quietoutgoingorganizedindependentsupportivesociablehelpfulresponsibleanalyticaldecisiverealisticcreativelogicaldeterminedcuriousproblem-solvergood listener | adventurousloyalspontaneousactivedirectenergetic generousopen-mindedoptimisticstrategicco-operativeexpressiveassertivehonestypracticalfriendlyreliable | **1.****2.****3.****4.****5.****6.****7.****8.****9.****10.** | **1.****2.****3.****4.****5.****6.****7.****8.****9.****10.** |

1. With a partner, compare the important characteristics and discuss the following questions:

🞏 Are your lists similar or different?

🞏 Which characteristics did you have that were the same? Were they ranked the same?

🞏 Why might people think that some characteristics are more important than others?

\*\***Big Idea**: Everyone has unique characteristics and considers various traits to be important. Our unique combination of qualities is called our personality.

**HANDOUT B: MY PERSONALITY**

**PERSONALITY SURVEY**

1. Select **Who Am I** from the menu navigation on the left hand side of your screen
2. Complete the **Personality** assessment
3. Click **View Report** and answer the following questions

🞏 What is your personality type? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

🞏 Explain your personality type. What are some of the characteristics listed in your report? Do they match the adjectives you used to describe yourself in Handout A?

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🞏 What do you think your most valuable personality trait is? Why?

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🞏 Why is it important to understand your personality type?

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🞏 Who are your three personality matches?

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**HANDOUT C: EXPLORING PERSONALITY MATCHES**

1. Select **ONE** of your three personality matches that you would like to learn more about
2. Click on their name and complete research to answer the following questions

🞏 Which one of your personality matches did you choose to do more research on? Why?

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🞏 What do you have in common with your personality match?

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🞏 What differences are there between you and your personality match?

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🞏 What did you learn about the person that you didn’t know before?

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🞏 What characteristics does the person have that make them the same personality type as you (i.e. INFP)?

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