
“Who Am I?” Questionnaire

“To begin with, I’ve found that there is no one else like me, anywhere- like snowflakes. No one else feels completely the way I do. No one else sees things in the same scope as I do. So my first discovery about myself is that I’m me.” Quoted from a high school composition.

Ask your mentee to fill out the following questionnaire. In order to assure that he/she will be as open and honest as possible, you can tell them that the questionnaire will be kept confidential.

1. In general, school is....
2. My best friend is...
3. The thing I like best about my class is...
4. Something I’d like to tell my teacher is...
5. I don’t like people who...
6. I’m at my best when I...
7. Right now I feel...
8. People I trust...
9. The best thing that could happen to me is...
10. When I don’t like something I’ve done, I...
11. When I like something I’ve done, I...
12. When I’m proud of myself, I...
13. I’m very happy that...
14. I wish my parents knew...
15. Someday I hope...
16. I would like to...
17. Five adjectives that describe me are...

E/M/H

100 Ways to Enhance Self-Concept in the Classroom, a Handbook for Teachers and Parents by Jack Canfield & Harold C. Wells (Allyn and Bacon, a Division of Simon & Schuster, Inc. 1976) Page 117