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** | \* |

\*Extension Activity requires myBlueprint.ca

**LEARNING GOALS:**

1. Students will reflect on personal traits and how to apply their personal traits to daily situations.

**CORE COMPETENCIES:**

* Social Responsibility
* Positive Personal and Cultural Identity

**MATERIALS:**

* Computer, tablet, or mobile device
* Writing tools
* Handouts [A] – [C]

**INSTRUCTIONS:**

1. AvHsdffdStudents login to their myBlueprint account and open “How I View Myself”. Complete **Handout [A]-Top Five Things I Know About Myself** 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. Complete **Handout [B] and [C]**.
   1. \**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.
5. Have students to access their ‘Career Education 8’ portfolio (**Home** > **Portfolios**). If students don’t have a ‘Career Education 8’ portfolio, have them create a new portfolio titled “Career Education 8’ by clicking **+ Add Portfolio**).
6. Click **+ Add box** > select **+ Journal** > Add **Title** “How I View Myself and How Others View Me”

**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. Happy | I am optimistic, confident wherever I am. |
| 1. Funny | I can sometimes joke around the place. |
| 1. Respectful | I respect myself, others and the environment. |
| 1. Hardworking | I work as hard as I can to receive that achievement. |
| 1. Talkative | I talk a lot whenever I am with my friends. |

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

**COMPARE AND CONTRAST – DISCUSSION QUESTIONS**

1. What are the similarities?

The similarities we have are funny, respectful, and happy.

1. What are the differences?

The differences we have are less happy than how much I am, a great hard worker, sometimes talkative.

1. What quality do you admire about your partner and why?

The qualities I admire about my partner are we are respectful and optimistic.

**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 |  | x |  |
| I AM PUNCTUAL |  | x |  |
| I AM HONEST | x |  |  |
| I AM POSITIVE |  | x |  |
| I AM HARDWORKING | x |  |  |
| I AM HAPPY | x |  |  |
| I AM KIND | x |  |  |
| I AM STUBBORN |  | x |  |
| I AM CREATIVE |  | x |  |
| I AM INTELLIGENT |  | x |  |
| I AM SELFISH |  | x |  |
| I AM OUTGOING | x |  |  |
| I AM CONFIDENT | x |  |  |
| I AM LOYAL | x |  |  |
| I AM HUMOUROUS | x |  |  |
| I AM FRIENDLY | x |  |  |
| I AM CAPABLE |  | x |  |
| I AM WITHDRAWN |  |  | x |
| I AM CURIOUS |  | x |  |
| I AM AMBITIOUS |  | x |  |
| I AM COMPULSIVE |  | x |  |

**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 |  | x |  |
| PUNCTUAL |  | x | x |
| HONEST |  | x | x |
| POSITIVE |  | x | x |
| HARDWORKING |  |  | x |
| HAPPY | x | x | x |
| KIND |  | x | x |
| STUBBORN |  |  |  |
| CREATIVE |  |  | x |
| INTELLIGENT |  |  |  |
| SELFISH | x |  |  |
| OUTGOING |  | x | x |
| CONFIDENT |  | X | X |
| LOYAL |  | X | X |
| HUMOUROUS | X | X | X |
| FRIENDLY |  | x |  |
| CAPABLE |  |  |  |
| WITHDRAWN |  | x |  |
| CURIOUS | x |  |  |
| AMBITIOUS |  |  | x |
| COMPULSIVE | x | x |  |

**HANDOUT [C] - REFLECTIONS**

**Reflection - How I View Myself:**

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

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

Yes, because if I am feeling withdrawn from any groups or any classes, then I tend to feel lonely and sad because I am not with anybody. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

1. Happy
2. Kind
3. Humorous
4. Outgoing
5. Hardworking
6. Honest

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

\_\_\_\_\_\_Yes, because if I feel happy, then I feel more confident and more optimistic. I am also proud of this rating because whenever I am hardworking, I get a great work habit. I am even proud of this rating because when it comes to being honest, then most of the time, I don’t get into trouble at all. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**REFLECTION – HOW OTHERS VIEW ME:**

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

\_\_The qualities that my family and my teachers agree on that I am happy, and humorous. This says that I always have a smile on my face, and it says I am funny, and I am always ready. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
2. What qualities did others list for you that you disagree on?   
\_\_The things others listed for me that I disagree on are getting withdrawn from groups is what my teachers said. My family thought that I am selfish a lot because I only think about myself first and hardly any time to think about others. My family also thought that I am mostly compulsive like asking the same question repeatedly. When it comes to me saying that, they get mad. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

The qualities I feel I need to work on are be more curious, because sometimes I am just still in my head, thinking about stuff. Next time, I need to ask more questions because when I ask a question, then I think that everybody is going to get mad at me, so I should stop thinking about that and carry on. Next time I should be confident and start to take more risks because I feel very shy when I do those things. Another quality I need to work on is to be less selfish and think more about others rather than yourself. My last quality I need to work on is to be less compulsive, so start to ask questions less and less and follow the steps more frequently. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

The qualities I am most proud of are being optimistic, outgoing, and friendly. By getting forward in life, I can be able to communicate, have a great smile on my face so I can be more confident and positive so I don’t have to think negative all the time. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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**