

# COOP 110 Module 3 Uploaded Assignment

**PART 1: Response to Increase your self-awareness with one simple fix YouTube video by Tasha Eurich | TEDxMileHigh 17 minutes** <https://www.youtube.com/watch?v=tGdsOXZpyWE>

**1. What is/is your greatest takeaway(s) from this video? Did you find anything especially interesting, surprising, or confusing?**

My greatest takeaway from this video is that I am introspecting correctly and am apparently pretty self-aware! The statistics were surprising, but it makes sense, as everybody knows why they do things in their head, but its more than that.

**PART 2: Throughout Module 3, you completed informal assessments to help you identify interests, career values, strengths, and personality. Please insert your answers from the informal assessments in the spaces below.**

Assessment	Answers
<b>1. My top three interests from the Holland Party Game Activity (RIASEC) are (insert the letter or theme name):</b> <b>2. The Group I would avoid.</b>	<b>First Letter:</b> I(nvestigative) <b>Second Letter:</b> A(rtistic) <b>Third Letter:</b> R(ealistic) <b>Avoid Letter:</b> C(onventional)
<b>3. My top five career values are:</b>	1.Knowledge 2.Diversity 3.Independence 4.Time Freedom 5.Work Alone
<b>4. Based on the informal Clifton Strengths Finder Activity, my top five strengths are:</b>	1. Adaptability 2. Positivity 3. Individualization 4. Strategic 5. Self-Assurance
<b>5. Five words that I would use to describe my personality are:</b>	<b>1. Present</b> <b>2. Risk-Taking</b> <b>3. Unpredictable</b> <b>4. Proactive</b> <b>5. Tactical</b>

**Keirseey: Artisan Promoter**

Jung: ISTJ

**Part 2: Answer the following reflective question regarding Module 3: Personal Development I.**

**1. As we completed a number of informal self-assessments in this module. Did you find anything especially interesting, surprising, or confusing?**

I always find learning more about myself very interesting, for the same reason I like astrology and Buzzfeed quizzes. Most of the information I received made sense, so was not too surprising, as I inputted the data it came from, but I understand how I can use these insights.