

# Thinking about Me

## Theme and Level

**Theme:** Know Myself

**Levels:** Getting Started

## At a Glance

Students learn more about themselves by completing a worksheet about their interests, strengths, skills, and dreams, and then create a poster reflecting these to share with their classmates.

**Time:** 50 minutes.

## Essential Questions

- What are my interests, strengths, and skills?

## Preparation

- Reserve computer lab with overhead projector enabled
- Establish CIS portfolios before this lesson
- Decide if class will complete the first part of the worksheet together using Slides 3-8 or work independently the whole time
- Print the *Thinking about Me Worksheet*, one per student

## Steps

1. Show PowerPoint (PPT) Slide 1. Tell students that the goal of this lesson is for them to think about something very important something that will affect them their entire lives.
2. Show Slide 2. Tell students today's lesson is all about them. Explain that being able to name the things they are good at, the things they enjoy, and the things that make them unique will help them make decisions now and in their futures. Explain that self-knowledge is the basis for all other work toward future goals.
3. Distribute the *Thinking about Me Worksheet*. Tell students that they will complete the worksheet today in class. Remind them to answer as completely and honestly as possible.
4. Show Slides 3-8. Students will complete the first part of the worksheet using the slides; then ask them to complete the rest of the worksheet independently. If you are not using the slideshow, tell students to complete the worksheet independently.
5. Lead a class discussion about how everyone is different, how some of these characteristics will change, and how they can influence future career and life style choice.
6. Ask students to log into CIS and use the Search function to find occupations that relate to their strengths, talents, and interests noted on the worksheet.
7. Assign students to create a poster that reflects who they are (their interests, strengths, and preferences) as homework. Encourage students to be creative and include ideas of occupations that might allow them to use their interests, strengths, and preferences.
8. Display posters around the room.

## Variations and Accommodations

- Tell students not to put their names on the posters. On a subsequent day, display the posters around the room. Label them with numbers or letters. Students look at the posters and identify their classmates by recording their name on a list of numbers or letters corresponding to the posters.
- Work one-on-one with any student needing special assistance.

## Assessment

Use the *Thinking about Me Scoring Guide* to evaluate student work.

## Portfolio

Students enter their reflections about this activity in the **What do you know about yourself - your characteristics, interests, and preferences?** text box in the Know Myself section of Career Plan.

## Materials

Computer lab with overhead projector and CIS access

[Thinking about Me \(PPTX\)](#)

[Thinking about Me Worksheet \(PDF\)](#)

[Thinking about Me Worksheet \(DOCX\)](#)

[Thinking about Me Scoring Guide \(PDF\)](#)

[Thinking about Me Scoring Guide \(DOCX\)](#)

## Goals and Standards

### *Common Core State Standards*

- English and Language Arts Career Anchor: Reading Informational Text
- English and Language Arts Career Anchor: Writing
- English and Language Arts Career Anchor: Speaking & Listening
- English and Language Arts Career Anchor: Language

### *National Career Development Guidelines*

- GOAL PS1 Develop understanding of self to build and maintain a positive self-concept.

### *American School Counselor Association*

- Career Development

*Bloom's Taxonomy:* Remembering, Understanding

### *American School Counselor Association (ASCA) Mindsets and Behaviors for Student Success*

#### Mindset Standards

- Belief in Development of Whole Self, Including a Healthy Balance of Mental, Social/Emotional and Physical Well-Being
- Self-Confidence in Ability to Succeed
- Sense of Belonging in the School Environment
- Positive Attitude Toward Work and Learning

#### Behavior Standards: Learning Strategies

- Demonstrate Critical-Thinking Skills to Make Informed Decisions
- Demonstrate Creativity
- Use Time-Management, Organizational and Study-Skills
- Apply Self-Motivation and Self-Direction to Learning
- Apply Media and Technology Skills
- Gather Evidence and Consider Multiple Perspectives to Make Informed Decisions

#### Behavior Standards: Self-Management Skills

- Demonstrate Ability to Assume Responsibility
- Demonstrate Ability to Work Independently

## Behavior Standards: Social Skills

- Use Effective Oral and Written Communication Skills and Listening Skills
- Create Positive and Supportive Relationships with Other Students
- Create Relationships with Adults that Support Success
- Demonstrate Advocacy Skills and Ability to Assert Self, when Necessary
- Demonstrate Social Maturity and Behaviors Appropriate to the Situation and Environment