Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MC900078622[1]MC900078711[1]

Who am I?

Part A: Who am I? Summary Chart

|  |
| --- |
| Character Quiz |
| *From the Career Studies page of our class website, select “Character Quiz”. Complete the quiz. Record results below.*   |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Question | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | Selected Letter | B | B | B | D | E | E | B | A | D | D | | Points | 2 | 1 | 1 | 2 | 3 | 4 | 2 | 1 | 2 | 3 |   Total Points: 21. The cartoon character I am most like is: Bugs Bunny  Qualities that are like me are:   * I’m somewhat a people person * I want to settle down later in life. * I love to have fun * I’m a friendly person. |
| Personality Type |
| *Using the Career Studies Manual provided in class, read over the statements and record ‘checkmarks’ below.*   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Doer | Organizer | Helper | Thinker | Creator | Persuader | | 2 | 2 | 4 | 5 | 6 | 3 |   My top three personality types are (explain each):   1. Creator: Because I like to do some arts, mostly computer animation art. 2. Thinker: Because I like to work with my mind & enjoy some science. 3. Helper: Because I like to encourage people & help them with problems. |
| Myers-Briggs / Jung Test |
| *From the Career Studies page of the SJAM website, select “Myers-Briggs / Jung Test”. Select “Do It!” Complete the quiz. Record results below.*   |  |  |  |  |  | | --- | --- | --- | --- | --- | | Your Type  (circle) 🡪 | Extroverted  Introverted | Intuitive  Sensing | Feeling  Thinking | Judging  Perceiving | | Strength  (%) | I | N | F | P |   “Questor". High capacity for caring. Emotional face to the world. High sense of honor derived from internal values. 4.4% of total population.  I would agree with this, I am an emotional & caring person. I stick with certain ideas and beliefs, and believe that they should stay like that. |
| True Colours |
| *From the Career Studies page of the SJAM website, select “True Colours”. Complete the quiz. Record results below.*  My brightest colour is: Blue (strength: 4)  My second brightest colour is: Orange (strength: 3)  Characteristics of someone with my brightest colour are:   * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Right/Left Brained |
| *From the Career Studies page of our class website, select “Right/Left Brained”. Complete the quiz. Record results below.*   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | Letter Selection | B | A | A | A | B | B | B | B | A | B | A | A | A | A | | Left or Right | R | L | R | R | R | L | R | R | R | L | L | R | L | R |   The side that is more in control is: Right Brain 54%  The qualities that are dominant are:   * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Multiple Intelligences |
| *Using the Career Studies Manual provided in class, read over the statements and rate each statement using the scale of 1 (not at all like me) to 5 (definitely me). Record the ratings below:*   |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Type of Intelligence: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | Total | | Verbal | 2 | 4 | 3 | 2 | 2 | 2 | 5 | 20 | | Logical | 3 | 3 | 2 | 4 | 4 | 2 | 3 | 21 | | Visual | 3 | 2 | 3 | 3 | 5 | 4 | 3 | 23 | | Interpersonal | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 21 | | Intrapersonal | 5 | 4 | 3 | 5 | 3 | 4 | 5 | 29 | | Bodily | 5 | 2 | 5 | 3 | 5 | 3 | 5 | 28 | | Musical | 5 | 2 | 4 | 3 | 3 | 4 | 3 | 24 | | Naturalist | 5 | 2 | 3 | 4 | 4 | 3 | 3 | 24 |   Rank your top three intelligences (those with the highest total scores).  Explain each type of intelligence.   1. \_\_\_Intrapersonal\_\_\_: \_I am more of a to myself person.\_\_      1. \_\_\_Bodily\_\_\_: \_I like to move around & interact with my hand rather than watching or looking.\_ 2. \_\_\_Musical\_\_\_: \_I’m a musical person, music helps me concentrate & I’m good at remembering songs & tunes.\_ 3. \_\_\_Naturalist\_\_\_: \_I like to be outside.\_ |
| Interests Inventory |
| *Using the Career Studies Manual provided in class, read over the statements and decide whether each one sounds like you or not. For those statements that sound like you, circle the question number on this sheet (below):*   |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |   Add up the total score for each interest category (the corresponding questions to be used are in brackets):  Things are your things (1,5,9,12,15,16,18,23): \_\_\_\_\_\_\_\_  People are your pastime (3,6,8,11,14,17,20,22): \_\_\_\_\_\_\_\_  You are an information junkie (2,4,7,10,13,19,21,24): \_\_\_\_\_\_\_\_  Your dominant area of interest: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   You enjoy: |
| Learning Styles |
| often=5 points sometimes=3 points seldom=1 point   |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Question | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | Rating | 3 | 5 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | | Question | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | Rating | 1 | 1 | 3 | 3 | 5 | 5 | 3 | 5 | 5 | 1 | 3 | 5 |   Add up the total score for each learning style (the corresponding questions to be used are in brackets):  Auditory (1,5,8,11,13,18,21,24): \_28\_  Kinesthetic (4,6,9,12,15,17,19,23): \_24\_  Visual (2,3,7,10,14,16,20,22): \_24\_  My major learning style is: \_\_\_\_\_\_\_\_Auditory\_\_\_\_\_\_\_\_  Examples of how I learn best:   * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| *Work Values*  *Using the Career Studies Manual provided in class, read over the statements and rate each statement using the scale of 1 (not at all like me) to 5 (definitely me). Record the ratings below beside the corresponding question number:*   |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 1 |  | 6 |  | 11 |  | 16 |  | 21 |  | | 2 |  | 7 |  | 12 |  | 17 |  | 22 |  | | 3 |  | 8 |  | 13 |  | 18 |  | 23 |  | | 4 |  | 9 |  | 14 |  | 19 |  | 24 |  | | 5 |  | 10 |  | 15 |  | 20 |  | 25 |  |   Add up the total score for each work value category (the corresponding questions to be used are in brackets):  Security (1,6,11,16,21): \_\_\_\_\_\_\_\_\_\_\_  Status/Recognition (2,7,12,17,22): \_\_\_\_\_\_\_\_\_\_\_  Financial Reward (3,8,13,18,23): \_\_\_\_\_\_\_\_\_\_\_  Self-Expression (4,9,14,19,24): \_\_\_\_\_\_\_\_\_\_\_  Personal Relationships (5,10,15,20,25): \_\_\_\_\_\_\_\_\_\_\_  Rank your top three work values (those with the highest total scores).   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Part B: Reflection

Take a moment to reflect upon your results from the various assessments. Please complete the following sections using complete sentences.

1. This unit has been about developing self-awareness; an important step for your career development. Self-awareness is like looking into a mirror or a series of mirrors. It helps us better determine who we are.

With respect to your results, what **common** themes have you noticed as you have been working on the assessments in this unit? (reference specific assessment tools)

I’ve noticed that I’m a person who needs to feel things to understand them & not sit and write and read. I need to get up and work with stuff to learn. Also, that I’m a caring type of person who sticks to beliefs. I already knew a lot of these things, but this just helped me understand them more.

1. Given what you have discovered / rediscovered about yourself, what **types of work** would be appropriate for you? Include at least three types of work and justify each type by using specific results from the assessments completed in class.

I think I’d be a good counsellor due to the fact that I’m a person who encourages others & helps people with personal problems.

I also think an actress could be good because it’s all acting & doing. Not sitting around. The last one I think would be good is some type of artist. I really enjoy animation & computer art. That would be good because its doing, not writing and reading a lot.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Component** | **Level 4** | **Level 3** | **Level 2** | **Level 1** | **Level 0** |
| **Part A**  **Summary Chart** | **Assessment Results**  **/10** | All assessments were completed. | Most assessments were completed. | Many of the assessments were completed. | Only some assessments were completed. | None or only a couple of assessments were completed. |
| **Summaries and Explanations**  **/10** | Summaries and explanations were all completed to a high degree given the space given. | Summaries and explanations were all completed. | Most summaries and explanations were completed. | Some summaries and explanations were completed. | None or only a couple of summaries and explanations were completed. |
| **Part B - 1**  **Common Themes** | **Content**  **/15** | Clearly identifies at least 2 common themes | Identifies 2 common themes | Clearly identifies 1 common theme | Identifies 1 common theme | No common themes are identified |
| **Structure**  **/5** | Responds using complete sentences with excellent structure and clarity | Responds using complete sentences | Uses a mix of complete sentences and sentence fragments | Uses sentence fragments | Provides one word or small phrases |
| **Part B - 2**  **Types of Work** | **Content**  **/15** | Clearly identifies at least 3 types of work | Identifies 3 types of work | Identifies 2 types of work | Identifies 1 type of work | No types of work are identified |
| Clearly justifies each type of work by connecting each one with at least two results | Justifies each type of work using one or two results for each | Justifies each type of work using only one result for each | Justifies some of the types of work using the results | Does not justify the types of work using the results |
| **Structure**  **/5** | Responds using complete sentences with excellent structure and clarity | Responds using complete sentences | Uses a mix of complete sentences and sentence fragments | Uses sentence fragments | Provides one word or small phrases |