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Who am I?

Part A: Who am I? Summary Chart

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| --- |
| 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 | A | A | A | D | A | C | A | A | D | D | | Points | 4 | 2 | 2 | 2 | 5 | 3 | 3 | 1 | 2 | 3 |   Total Points: \_\_*26*\_ the cartoon character I am most like is: *bugs bunny*  Qualities that are like me are:   * I am an entertainer * I know when to draw the line. * I love to have fun * I’m friendly |
| Personality Type |
| *Using the Career Studies Manual provided in class, read over the statements and record ‘checkmarks’ below.*   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Doer | Organizer | Helper | Thinker | Creator | Persuader | | 4 | 1 | 4 | 0 | 2 | 2 |   My top three personality types are (explain each):   1. Doer… I like to do things that will keep me busy 2. Helper… I like to help people and help others with jobs and stuff 3. Persuader…I think I’m good at convincing other people to believe things |
| 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  61% | S  57% | F  58% | J  53% |   Summary of your type: \_\_ ISFJ - "Conservator". Desires to be of service and to minister to individual needs - very loyal. 13.8% of total population \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| True Colours |
| *From the Career Studies page of the SJAM website, select “True Colours”. Complete the quiz. Record results below.*  My brightest colour is: orange (strength :)  My second brightest colour is: Gold (strength:)  Characteristics of someone with my brightest colour are:   * Adventuresome * Exiting * Active * Competitive * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 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 | A | A | A | A | B | B | B | B | A | B | A | B | B | A | | Left or Right | L | L | R | R | R | L | R | R | R | L | L | L | R | R |   The side that is more in control is: Right brain  The qualities that are dominant are:   * Creative * Able to read emotion * Able to tell the difference between colours * Recognizing faces * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 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 | 3 | 3 | 1 | 1 | 2 | 1 | 1 | 12 | | Logical | 3 | 2 | 4 | 2 | 1 | 1 | 1 | 14 | | Visual | 2 | 2 | 1 | 1 | 3 | 2 | 3 | 14 | | Interpersonal | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 15 | | Intrapersonal | 4 | 3 | 2 | 3 | 2 | 2 | 4 | 20 | | Bodily | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 34 | | Musical | 5 | 3 | 4 | 2 | 4 | 2 | 3 | 23 | | Naturalist | 4 | 2 | 3 | 2 | 2 | 3 | 3 | 19 |   Rank your top three intelligences (those with the highest total scores).  Explain each type of intelligence.     1. Bodily\_\_\_\_\_\_\_\_\_\_\_\_\_\_: I work best with my hands. So a good career for me would be hands on skill 2. Musical\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: secondly I like music because it helps me focus more on what I need to do   Intrapersonal \_\_\_\_\_\_\_\_\_\_\_\_: Thirdly I like to be alone most of trhe time to do my work and I will likely work at a job where I interact others but mostly by myself |
| 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): 5  People are your pastime (3,6,8,11,14,17,20,22): 4  You are an information junkie (2,4,7,10,13,19,21,24): 2  Your dominant area of interest: doing things   * Finding out how things work * Maintaining equipment   You enjoy:   * using tools and machines * fixing things |
| 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 | 5 | 5 | 3 | 5 | 1 | 1 | 1 | 5 | | Question | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | Rating | 1 | 1 | 5 | 1 | 5 | 5 | 1 | 5 | 5 | 1 | 1 | 1 |   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): \_\_\_\_26\_\_\_\_\_\_\_\_\_  Kinesthetic (4,6,9,12,15,17,19,23): \_\_\_\_26\_\_\_\_\_\_\_  Visual (2,3,7,10,14,16,20,22): 20\_\_\_\_\_\_\_\_  My major learning style is: kinaesthetic and auditory  Examples of how I learn best:   * Listening to music * Activities * Field trips * Moving around * Gripping objects      * Hands on activities |
| *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 | 5 | 6 | 5 | 11 | 3 | 16 | 5 | 21 | 3 | | 2 | 5 | 7 | 1 | 12 | 3 | 17 | 5 | 22 | 5 | | 3 | 3 | 8 | 1 | 13 | 3 | 18 | 3 | 23 | 3 | | 4 | 3 | 9 | 3 | 14 | 3 | 19 | 3 | 24 | 3 | | 5 | 3 | 10 | 1 | 15 | 1 | 20 | 5 | 25 | 5 |   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): 21  Status/Recognition (2,7,12,17,22): 19  Financial Reward (3,8,13,18,23): 13  Self-Expression (4,9,14,19,24): 15  Personal Relationships (5,10,15,20,25): 15  Rank your top three work values (those with the highest total scores).   1. Security 2. Status/ recognition 3. Personal relationships |

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 found that I’m more of a kinesthetic learner and I work best while fiddling with something. When I was working in this unit, I used a lot of moving and kinesthetic themes to help me continue this project. I want to work with people I know and can trust. I want to work with people I get along with, and care about my opinions and feelings. I want to work at a job where I know I’ll be there for a long time. I don’t need to make a lot of money to be happy. I do want healthy, happy living though.

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.

Some job types that would be appropriate for me would have to include work that involves hands on jobs, working by myself, not too much thinking. I feel that I work best when I work with my hands, and not my brain as much. I like work that doesn’t involve working with a lot of people. I feel like when I work with others, I get to distracted and not focused on what I’m supposed to do. When I work, and I got to think a lot, I get too confused and not able to concentrate. I am now working in the kitchen a little at Milton’s restaurant over by Charcoal Steakhouse. That would be a good job as a chef because I would get to learn new things and interact with a lot of others (About 4 or 5 people)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 |