

Procedures:

Tell students: "Today we're going to look at some descriptions of feelings and some traits associated with them. Knowing these feelings and traits can help you discover your personal strengths. It can also help you identify areas you can improve in your life. We all believe certain things about ourselves. These beliefs help make us who we are or who we believe ourselves to be. Sometimes we feel we are great; sometimes we feel we aren't good at anything. This outlook can make us feel better or worse. We can put ourselves down or build ourselves up. We learn to label ourselves and others as we learn labels from people and the world around us. If we believe the labels, we often start to act in ways that make the label true. We need to be careful of labels, especially negative ones.

You can always change negative traits to positive ones by recognizing them, working hard, and making positive changes. Let's look at how we view ourselves."

Activity 1: Pass out the Getting to Know Myself worksheet and have students Complete it. Have the students also complete the six summary questions. Allow eight minutes for the analysis and synthesis of the responses to the six summary questions.

Activity 2: Engage in class discussion of the summary questions. Invite the students to move around the classroom in order to organize in small groups based upon similar interests and strengths.

Assessment: Determine the extent to which each student has accurately summarized their responses to the two summary questions. Determine the extent to which the students have organized appropriately into small groups.

Career Education:

1. Identifying personal interests, abilities, and skills through assessment
2. Understanding the relationship between academic skills and personal interests, and related career considerations

Lesson Objectives:

1. Complete Part I of an assessment to determine strengths and areas of interests
2. Complete Part II of an assessment to determine preferences and strengths in school subjects
3. Assess the results of the assessments to determine personal strengths and interests
4. Develop problem-solving skills and engage in decision-making

Materials: Getting to Know Myself worksheet

Activity 3

Getting to Know Myself

Part 1

My Personal Strengths and Interests

Given the following list of statements, respond by indicating whether each statement is “like me” or “unlike me.” Place an “X” in the appropriate column.

Statement	Like Me	Unlike Me
I am shy.		
I am dependable.		
I am easy to like.		
I often worry.		
I make up my mind easily.		
I like to talk in front of the class.		
I get upset easily.		
I often get discouraged at school.		
I am proud of my schoolwork.		
I am popular with my peers.		
My parents usually consider my feelings.		
I usually succeed in most things.		
My parents expect too much of me.		
I am often proud of myself.		
I like to be alone.		
I would like to do better in school.		
At home, people often ignore me.		
I like to be called on in school.		
I am easy to persuade.		
I like to lead the group.		

Part II***My Areas of Interests and Strengths in School***

Given the following list of statements, respond by indicating whether each statement is “like me” or “unlike me.” Place an “X” in the appropriate column.

Statement	Like Me	Unlike Me
I like reading.		
I do well in reading.		
I like math.		
I do well in math.		
I like physical education.		
I do well in physical education.		
I like science.		
I do well in science.		
I like grammar and language arts.		
I do well in grammar and language arts.		
I like social studies (history and geography).		
I do well in social studies (history and geography).		
I like computers.		

Summary:

1. My personal interests and strengths are:

2. My interests and strengths in school are:

3. Something I am proud of myself for being able to do well is:

4. Something I wish I could do better is:

5. Something I want to accomplish in the next year is:

6. Something I want to accomplish before I graduate from Elementary school is:
