Name: \_Sam Palmer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_April 18th\_\_\_\_\_\_\_

![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 | E | A | B | C | D | B | B | C | D |
| Points | 2 | 3 | 2 | 5 | 2 | 2 | 2 | 3 | 1 | 3 |

Total Points: \_25\_\_\_ The cartoon character I am most like is: \_BUGS BUNNY\_\_Qualities that are like me are:* I am a people person
* Communication is one of my strengths
* Like to have fun
* 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 | 2 | 6 | 4 | 5 | 3 |

My top three personality types are (explain each):1. I am a helper because I’d rather help a person first before I do something for myself
2. I am a creator because I use my imagination and I like to do new things
3. I am a thinker because I like to do certain work on my own and I enjoy solving problems and puzzles
 |
| 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) 🡪 | ExtrovertedIntroverted | IntuitiveSensing | FeelingThinking | JudgingPerceiving |
| Strength(%) | E | N | F | P |

Summary of your type: I think that the assessment of my personality is fairly accurate because many of the things that they said were very close to true and it did a good job on finding out my personality. |
| 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:* Learn better by doing
* Active and spontaneous
* Flexible and easy going
* Enjoys people who share the same interests
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 |
| 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 | B | B | A | B | A | B | B | A | A | A | A |
| Left or Right | R | L | R | L | R | R | R | L | L | L | L | R | L | R |

The side that is more in control is: They are evenThe qualities that are dominant are:* Im relaxed and let this happen
* I enjoy workshops and field trips
* Im good at putting feelings into words
* I remember faces well
 |
| 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 | 4 | 2 | 1 | 1 | 3 | 17 |
| Logical | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 18 |
| Visual | 5 | 4 | 5 | 5 | 4 | 3 | 5 | 31 |
| Interpersonal | 4 | 2 | 3 | 4 | 4 | 2 | 3 | 22 |
| Intrapersonal | 3 | 1 | 3 | 2 | 4 | 3 | 1 | 17 |
| Bodily | 3 | 3 | 4 | 4 | 3 | 2 | 4 | 23 |
| Musical | 2 | 2 | 5 | 4 | 2 | 2 | 1 | 18 |
| Naturalist | 5 | 1 | 4 | 3 | 4 | 2 | 3 | 22 |

Rank your top three intelligences (those with the highest total scores). Explain each type of intelligence.1. Visual
2. Bodily
3. naturalist
 |
| 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): \_\_\_7\_\_\_\_People are your pastime (3,6,8,11,14,17,20,22): \_\_\_7\_\_\_\_You are an information junkie (2,4,7,10,13,19,21,24): \_\_\_5\_\_\_\_Your dominant area of interest: Things are your thing and People are your pastime* hanging out with people
* creating things
* Building models and things
* Working with my hands

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 | 1 | 5 | 1 | 1 | 1 | 5 | 5 | 3 | 3 | 5 | 5 | 5 |
| Question | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Rating |  1 |  5 |  5 |  5 |  1 |  3 |  5 |  5 |  1 |  3 |  5 |  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): \_\_\_\_\_\_20\_\_\_\_\_Kinesthetic (4,6,9,12,15,17,19,23): \_\_\_\_\_29\_\_\_\_Visual (2,3,7,10,14,16,20,22): \_\_\_\_\_\_\_\_34\_\_\_\_\_My major learning style is: \_\_\_\_\_\_\_\_\_\_\_visual\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Examples of how I learn best:* I picture things in my head
* I would rather watch a video on how to do something and follow along than read instructions
* I would rather see people do things than be told how to do things
* I would rather work and tinker with things than read the manual
 |
| *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 | 3 | 11 | 3 | 16 | 5 | 21 | 1 |
| 2 | 3 | 7 | 1 | 12 | 5 | 17 | 3 | 22 | 1 |
| 3 | 3 | 8 | 5 | 13 | 3 | 18 | 5 | 23 | 3 |
| 4 | 1 | 9 |  5 | 14 | 5 | 19 | 1 | 24 | 3 |
| 5 | 5 | 10 | 1 | 15 | 1 | 20 | 3 | 25 | 3 |

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): \_\_\_\_17\_\_\_\_\_Status/Recognition (2,7,12,17,22): \_\_\_\_13\_\_\_\_\_Financial Reward (3,8,13,18,23): \_\_\_\_19\_\_\_\_\_Self-Expression (4,9,14,19,24): \_\_\_\_15\_\_\_\_\_Personal Relationships (5,10,15,20,25): \_\_\_\_\_13\_\_\_\_Rank your top three work values (those with the highest total scores). 1. Financial Reward 2. Security 3. Self-Expression
 |

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)

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.

Part B

1. Common themes I have noticed throughout the assessments in this unit is that I am an outgoing people person and that I am a Kinesthetic learner
2. -One type of work I would be good at would be in trades, I am a kinaesthetic learner and im good at working with my hands.

-Another job that would be good for me is something working with people, I am very outgoing and I like to help people.

-A third job that would be good for me would be marketing because I am a visual learner as well and I could stay focused during a presentation and could do well in that specific job.

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