

Chapter 1 Who Am I?

Lesson	Objective(s)	Activities	Additional Products
1. What's In It For Me?	Students will demonstrate knowledge of the relationship between self-awareness and career planning.	<i>How Do People Decide on a Career</i> S1? <i>Everyday Things</i> S2 <i>How Has Work Changed?</i> S3 <i>What's In It For Me?</i> S4	<i>MY LIFE PLAN</i> (Parts 1 and 2)EN1 <i>Planning Calendar</i> EN2
2. Exploring My Values	Students will identify personal values and understand how they can use this self-knowledge in making a career choice.	<i>Worth Their Weight in Gold – Exploring My Values</i> S1 <i>My Early Dreams</i> S2 <i>Budgeting Values</i> S3	<i>The Ideal Parent</i> EN1
3. What's Your BQ (Belief Quotient)?	Students will know their beliefs and how their beliefs influence their decisions.	<i>Perception</i> S1 <i>The Meaning of Perception</i> S2. <i>What is Your BQ (Belief Quotient)?</i> S3 <i>The Four Self-assessments, Self-esteem , Confidence , Getting Along and Respect for Self and Others</i> S4 <i>Think About It</i> S5	<i>Happy People</i> EN1 <i>Affirmations</i> EN2
4. Exploring My Personality	Students will become more aware of their personality traits and preferences and how these connect with careers.	<i>What Charges My Batteries?</i> S1 <i>Communication Preference</i> S2 <i>Are You Right-brained or Left?</i> S3 <i>It's Me</i> S4 <i>Vocational Personality Types</i> S5 <i>Match the Vocational Personality and the Vocation</i> S6	<i>Teaching the Introvert Student, Teaching the Extravert Student</i> EN1 <i>Cup Stack</i> EN2 <i>Gift Wrap Challenge</i> EN3 <i>Careers and Personality Preferences: What Do You Think?</i> EN4 <i>Image: Whose Reflection Is In Your Mirror?</i> EN5
5. Learning Styles /Learning Preferences	Students will assess their learning style preferences.	<i>The 4 Maps</i> S1 <i>Knowing My Learning Style Preferences Can Help Me</i> S2 <i>Your Learning Style Inventory (Pages 1-10)</i> S3 <i>Assessing My Multiple Intelligences</i> S4 <i>Does Anyone Like Work? S5 and Reverse Thinking</i> S6	<i>Your Best Learning Environment</i> EN1 <i>Visual Goal-setting</i> EN2

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<p>6. I Can Do That! Exploring My Skills</p>	<p>Students will assess their talents and skills. Students will know how awareness of their skills and talents can provide valuable information to help them choose a career.</p>	<p><i>Exploring My Skills and Talents S1</i> <i>My Skills and Talents S2</i> <i>Skills Checklist S3</i> <i>Job-Related Interest and Preference Inventory S4</i></p>	<p><i>Sample Occupations by Level of Communication Skill EN1</i></p>
<p>7. More Than One Pair Of Shoes Can Fit! Exploring Career Pathways</p>	<p>Students will know how careers are organized into related areas.</p>	<p><i>More Than One Pair of Shoes Can Fit S1.</i> <i>What's a Career Pathway About? S3</i> <i>Career Pathways S2</i> <i>Ten Jobs I've Thought About S4</i> <i>Where Do They Belong? S5</i></p>	
<p>8. Knowledge Is Power</p>	<p>Students will know how to use the <i>Occupational Outlook Handbook</i> to research personal career options and compare them to their interests, values, skills and preferences.</p>	<p><i>Finding Out What I Need to Know S1,</i> <i>Is It A Comfortable Fit? S2</i> <i>Career Assessment Checklist S3</i> <i>Career Plan S4</i></p>	<p><i>Make a Plan EN1</i></p>
<p>9. Envisioning My Future</p>	<p>Students will learn how to synthesize and apply information from previous assessment activities.</p>	<p><i>Self Awareness Profile S3</i> <i>Self Awareness Profile example S2</i> <i>Envisioning the Future S1</i> <i>Requirements for 8th Grade Diploma S4</i> <i>Planning a High School Program of Studies S5</i> <i>Minimum Course of Study for Graduation from High School S6</i> <i>My Tentative High School Plan S7</i> <i>My Life Plan (Parts 1 & 2) S7</i></p>	
<p>10. Check Me Out!</p>	<p>Students will review, re-evaluate, reflect, record and report on each of the previous lessons. Students will report findings in written and oral form.</p>	<p><i>Self Awareness Profile from previous lesson,</i> <i>Chapter 1 Reflection Sheet Who Am I? Career Assessment S1</i> <i>Start Making Plans S2</i> <i>Preparing for Speaking in Public (Pages 1-4) S3</i> <i>Planning Calendar S4</i> <i>Barriers: What can keep me from reaching this goal? S5</i> <i>Self-Contracts S7</i> <i>You've Transitioned Before S8</i></p>	<p><i>After Release: You and Your Family EN1</i> <i>Especially For You EN2</i> <i>Been There Done That EN3</i> <i>Writing an Essay EN4</i> <i>Employability/Life Skills Assessment EN5</i> <i>Self-Determination/Self-Advocacy Checklist EN6</i> <i>My Life Mission EN7</i></p>