Name: Zehra Sindy 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 | e | d | b | e | c | b | a | a | D |
| Points | 2 | 3 | 4 | 5 | 3 | 3 | 2 | 1 | 4 | 3 |

Total Points: 30 The cartoon character I am most like is: TweetyQualities that are like me are:* Witty and calm, most of the time.
* People can count on you.
* Careful not to hurt others feelings expect the same from others.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 |
| 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 | 5 | 3 | 4 | 0 |

My top three personality types are (explain each):1. I’m a helper, I enjoy helping others and trying to help them solve their problems,

 1. I’m a creator; I like to try new things and try to do things differently.
2. I’m a doer, I like working slow, I like to be prepared before I do something just to know its right,
 |
| 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(%) | I | S | F | P |

Summary of your type: I have my own thoughts that I worry about a lot. I can just sense things, rather just base it. I feel more then I think, my feelings lead me more to my decisions. I like to realise things, or have some understand of it before I say anything. |
| 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: 3)My second brightest colour is: Orange (strength: 1)Characteristics of someone with my brightest colour are:* Very imaginative and creative as a child.
* Value feelings, caring
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Seek romance warmth in a relationship.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 |
| 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 | a | a | b | a | a | a | a |
| Left or Right |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

The side that is more in control is: Right brain 66% ;Left brain 32%I tend to be artistic and creative in ways, I would normally think a totally different way when doing something. |
| 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 | 1 | 2 | 1 | 1 |  |  | 8 |
| Logical | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 10 |
| Visual | 3 | 1 | 2 | 2 | 5 | 3 | 2 | 18 |
| Interpersonal | 2 | 2 | 2 | 4 | 3 | 2 |  | 17 |
| Intrapersonal | 4 | 4 | 2 | 2 | 2 | 2 | 3 | 19 |
| Bodily | 5 | 1 | 3 | 3 | 4 | 3 | 4 | 23 |
| Musical | 3 | 2 | 3 | 1 | 3 | 2 | 2 | 16 |
| Naturalist | 1 | 2 | 2 | 2 | 2 | 5 |  | 14 |

Rank your top three intelligences (those with the highest total scores). Explain each type of intelligence.1. Bodily: I tend to move a lot when I’m sitting, I learn more by being hands on.
2. Intrapersonal: I am more personal, I enjoy alone time. I like to just think to make things clear.

 1. Visual: I understand what colours work together, I enjoy movies, I have vivid dreams
 |
| 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 | 5 | 1 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 1 | 3 |
| Question | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Rating | 3 | 1 | 3 | 5 | 5 | 5 | 3 | 3 | 5 | 3 | 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): \_\_\_\_\_\_\_\_\_\_\_\_\_Kinesthetic (4,6,9,12,15,17,19,23): \_\_\_\_6,4\_\_\_\_\_\_\_Visual (2,3,7,10,14,16,20,22): \_\_\_\_\_\_\_14\_\_\_\_\_\_\_\_My major learning style is: VisualExamples of how I learn best:* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_Images\_
* Visuals rather then words.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 |
| *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 | 3 | 6 | 5 | 11 | 3 | 16 | 5 | 21 | 5 |
| 2 | 5 | 7 | 5 | 12 | 3 | 17 | 3 | 22 | 3 |
| 3 | 3 | 8 | 3 | 13 | 3 | 18 | 3 | 23 | 5 |
| 4 | 5 | 9 | 3 | 14 | 5 | 19 | 5 | 24 | 3 |
| 5 | 3 | 10 | 3 | 15 | 3 | 20 | 3 | 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): \_\_\_\_\_\_\_\_\_\_\_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 like to help people, I am usually calm, I like to be creative, I am very personal.

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.

Caregiver; Enjoying helping people, more creative jobs; I like to be creative and artistic, A job that is more thought processed; I like to make sure everything is clear before doing anything just so I know it’s right.

**….**

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