## Chapter 1 Who Am I?

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| 1. What's In It For Me?                    | Students will demonstrate knowledge of the relationship between self-awareness and career planning. | *How Do People Decide on a Career S1? Everyday Things S2*  
*How Has Work Changed? S3*  
*What's In It For Me? S4* | *MY LIFE PLAN (Parts 1 and 2)EN1*  
*Planning Calendar EN2* |
| 2. Exploring My Values                     | Students will identify personal values and understand how they can use this self-knowledge in making a career choice. | *Worth Their Weight in Gold – Exploring My Values S1*  
*My Early Dreams S2*  
*Budgeting Values S3* | *The Ideal Parent EN1* |
| 3. What's Your BQ (Belief Quotient)?       | Students will know their beliefs and how their beliefs influence their decisions. | *Perception S1*  
*The Meaning of Perception S2.*  
*What is Your BQ (Belief Quotient)? S3*  
*The Four Self-assessments, Self-esteem, Confidence, Getting Along and Respect for Self and Others S4*  
*Think About It S5* | *Happy People EN1*  
*Affirmations EN2* |
| 4. Exploring My Personality                | Students will become more aware of their personality traits and preferences and how these connect with careers. | *What Charges My Batteries? S1*  
*Communication Preference S2*  
*Are You Right-brained or Left? S3*  
*It's Me S4*  
*Vocational Personality Types S5*  
*Match the Vocational Personality and the Vocation S6* | *Teaching the Introvert Student, Teaching the Extravert Student EN1*  
*Cup Stack EN2*  
*Gift Wrap Challenge EN3*  
*Careers and Personality Preferences: What Do You Think? EN4*  
*Image: Whose Reflection Is In Your Mirror? EN5* |
| 5. Learning Styles /Learning Preferences   | Students will assess their learning style preferences. | *The 4 Maps S1*  
*Knowing My Learning Style Preferences Can Help Me S2*  
*Your Learning Style Inventory (Pages 1-10) S3*  
*Assessing My Multiple Intelligences S4*  
*Does Anyone Like Work? S5 and Reverse Thinking S6* | *Your Best Learning Environment EN1*  
*Visual Goal-setting EN2* |
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| 6. I Can Do That! Exploring My Skills | 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. | Exploring My Skills and Talents S1  
My Skills and Talents S2  
Skills Checklist S3  
Job-Related Interest and Preference Inventory S4 | Sample Occupations by Level of Communication Skill EN1 |
| --- | --- | --- | --- |
| 7. More Than One Pair Of Shoes Can Fit! Exploring Career Pathways | Students will know how careers are organized into related areas. | More Than One Pair of Shoes Can Fit S1.  
What’s a Career Pathway About? S3  
Career Pathways S2  
Ten Jobs I’ve Thought About S4  
Where Do They Belong? S5 | |
| 8. Knowledge Is Power | Students will know how to use the Occupational Outlook Handbook to research personal career options and compare them to their interests, values, skills and preferences. | Finding Out What I Need to Know S1,  
Is It A Comfortable Fit? S2  
Career Assessment Checklist S3  
Career Plan S4 | Make a Plan EN1 |
| 9. Envisioning My Future | Students will learn how to synthesize and apply information from previous assessment activities. | Self Awareness Profile S3  
Self Awareness Profile example S2  
Envisioning the Future S1  
Requirements for 8th Grade Diploma S4  
Planning a High School Program of Studies S5  
Minimum Course of Study for Graduation from High School S6  
My Tentative High School Plan S7  
My Life Plan (Parts 1 & 2) S7 | |
| 10. Check Me Out! | Students will review, re-evaluate, reflect, record and report on each of the previous lessons. Students will report findings in written and oral form. | Self Awareness Profile from previous lesson,  
Chapter 1 Reflection Sheet Who Am I? Career Assessment S1  
Start Making Plans S2  
Preparing for Speaking in Public (Pages 1-4) S3  
Planning Calendar S4  
Barriers: What can keep me from reaching this goal? S5  
Self-Contracts S7  
You’ve Transitioned Before S8 | After Release: You and Your Family EN1  
Especially For You EN2  
Been There Done That EN3  
Writing an Essay EN4  
Employability/Life Skills Assessment EN5  
Self-Determination/Self-Advocacy Checklist EN6  
My Life Mission EN7 |