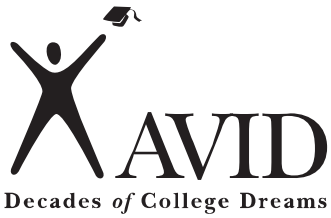


Student Activity 1.6b



Name: _____ Grade: _____

Date: _____ Period: _____

I AM Poem

I. Activity: After completing the Knowledge of Self activities and reflecting on how you see yourself and how others see you, complete each of the lines in this “I AM” poem with a word or phrase that you think best reveals your identity...your true self.

I AM _____

My mother would describe me as _____

My friends call me _____

I keep _____

I remember _____

I've learned _____

I hide _____

I read _____

I shout _____

I AM _____

I see _____

I hear _____

I taste _____

I feel _____

I think _____

I whisper _____

I AM _____

I want _____

I will _____

I won't ever _____

I can _____

I pretend _____

I sing _____

I AM _____

I dream _____

I'm afraid _____

I reach _____

I say I'm sorry when _____

I love _____

I declare for the world to hear _____

I AM _____

I AM Poem (*Example*)

I AM ...strong

My mother would describe me as ... her baby

My friends call me ... hopeful

I keep ... trying

I remember ... lunchboxes

I've learned ... to listen

I hide ... disappointment

I read ... lyrics

I shout ... I'll be right there

I AM ... laughing

I see ... the fog setting in

I hear ... the surf

I taste ... rain

I feel ... a gust of cool

I think ... home

I whisper ... are you awake?

I AM ... determined

I want ... to be remembered

I will ... focus

I won't ever ... throw in the towel

I can ... see the trees

I pretend ... I'm not afraid of failure

I sing ... when no one else is listening

I AM ... stretching

I dream ... of making you proud

I fear ... hurting someone along the way

I reach ... for the moon and land somewhere among the stars

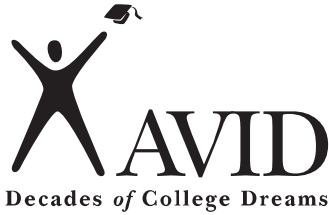
I say I'm sorry when ... I'm wrong

I love ... just love

I declare for the world to hear ... I can and will

I AM ... an AVID learner

Student Activity 3.3



Name: _____

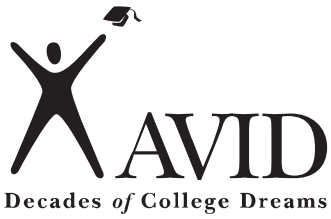
Date: _____ Period: _____

Me, Personally

Answer the following questions about yourself as completely as possible. You will refer to this information later when you are writing narrative essays or drafting your personal statement essay for your college application.

1. What are some of my strongest abilities?
2. What things interest me most?
3. What activities, people, places, or things make me feel really happy?
4. What issues, world problems, and current events concern me most?
5. What are my personal strengths? (For example, *I get along with people, I'm not a quitter, I am a good friend, etc.*)
6. How could I improve myself?
7. What challenges have I overcome?

Student Activity 3.5



Name: _____

Date: _____ Period: _____

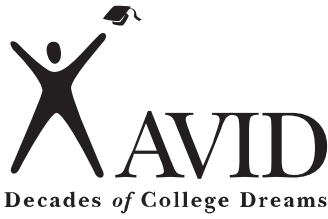
My Ideal Self

Create a description of your ideal self. _____

What would you do if you had the power and resources to do what you wanted? _____

What activity would give you the most fulfillment? _____

Student Activity 3.6 (1 of 2)



Name: _____

Date: _____ Period: _____

My Individuality

Thinking about this now will help you get ready to write your admission essay.

In what way am I...

Unique _____

Friendly _____

Intelligent _____

Creative _____

Quiet _____

Thoughtful _____

Talented _____

Mischievous _____

Studious _____

Compassionate _____

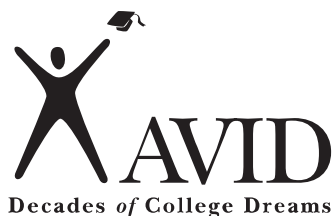
What different qualities do I have that would enhance a college campus?

1. _____

2. _____

3. _____

Student Activity 3.4 (1 of 2)



Name: _____

Date: _____ Period: _____

Career Values Inventory

Because you will most likely work for 20–30 years, it is important to choose a career that will bring you satisfaction. Below is a list of values adults think are important factors in being happy at a job. As you read each item, put a check mark next to any that is important to you, or that you think might be important in a future job. After you finish going through the list once, go back and put a second check mark by the five items that are absolutely the most important to you.

VALUE:	WHAT THIS VALUE MIGHT LOOK LIKE IN THE WORKPLACE:
Access to technology:	utilizing computer skills on a daily basis
Accomplishment:	learning and developing skills that lead to mastery and to promotion opportunities
Adventure:	seeking new frontiers, either mentally or physically
Challenge:	performing difficult or complex work, or meeting ever-more-difficult goals
Collegiality:	being part of a group where you're an equal and your opinion counts
Competition:	comparing your accomplishments to those of others
Creativity:	using your imagination; coming up with new ideas
Entrepreneurship:	being self-employed
High salary:	working in a field where high salaries are the norm rather than the exception
Independence:	deciding for yourself what work to do, and how and when to do it
Intellectual stimulation:	relying on thought and reasoning to complete tasks
Leadership:	persuading others to see or do things your way
Loyalty:	believing in what the organization does or promotes
Outdoor workspace:	choosing a career that requires fieldwork, such as marine biology
Physical work:	using your entire body to carry out your job (e.g., dance, acting, archaeology)
Public contact:	dealing with the public on a daily basis (e.g., politics)
Job security:	identifying work for which there will always be a demand (e.g., mortuary science)

Student Activity 3.4 (2 of 2)

- Public service:** working for another person’s benefit
- Range of duties:** working in a job that requires you to “wear many hats”
- Travel:** taking frequent trips, either locally, nationally, or internationally
- Working with animals:** caring for or training animals
- Working with children:** teaching or caring for children
- Working with hands:** working in a job in which you use your hands or hand tools
- Working with machines or equipment:** working in job in which you use machines or equipment
- Working with numbers:** working in a job that uses mathematics or statistics

Now look at the five values that you double-checked. Choose your top three values from those five. Write them in the spaces below in the order of their importance to you.

Work Value #1 _____

Work Value #2 _____

Work Value #3 _____