

Who Are You? (11.4)

Goal: Students will complete a personality assessment and review their results in order to find careers that align with their skills and interests.

Lesson Time Options

This lesson requires one 45-60 minute class period.

Student Materials

- Chromebook/Laptop
- Internet Access
- Worksheet

In This Packet

This packet includes everything you need to complete the lesson.

- Educator Guide
- Student Worksheet

Standards

The literacy skills of Common Core can be broken down into sections – reading, writing, and speaking and listening (language skills are outside of the focus of CaliforniaColleges.edu). In the lesson, students will practice the following skills:

Common Core Skill	Practiced in this Lesson
Reading for Information	CCR – Reading 4, 7; Reading Information – 4, 7
Narrative Writing	CCR – Writing 3; Writing – 3

21st Century Skills

Students in today's classrooms are learning not only academic skills and content, but how to be productive members of global communities. There are work habits, experiences, and skills that students need to develop to be ready for higher education and careers.

21 st Century Skill	Practiced in this Lesson
Critical Thinking	X
Digital Skills	X

Who Are You?: Educator Guide

Goal: Students will complete a personality assessment and review their results in order to find careers that align with their skills and interests.

Recommended Preparation

- Review the **Student Worksheet**. The worksheet provides clear instructions for students to complete the lesson. Determine how you will use the worksheet.

Getting Started

- You may print the **Student Worksheet** for students or embed the link in the materials you share with students.

Guiding Question

- Who am I? What are my preferences and how can they help me find career matches?

Bell Work (5 minutes)

- Students will respond to the bell work prompt: Describe yourself in 50 words or less. You may use sentences or individual adjectives.
- Allow 2-3 timed minutes past the bell.

Introduction (20 minutes)

- Students will sign in to **CaliforniaColleges.edu** and take the **Personality** assessment, review results, and then discuss whether or not the results reflect who they are right now.

Activity (30 minutes)

1. Students will research five of the careers recommended for them based on their **Personality** results. They will ♥ (favorite) these careers and carefully review the **Work Activities, Skills, and Interests** sections. Students will consider whether or not they see themselves in these descriptions.
2. Students will individually identify one of the **My Personality** preference scales that resonates with them most. Then, in pairs or small groups, students will discuss their choice. Consider asking volunteers to share their understanding of the scales to deepen the discussion.

Reflection (5-10 minutes)

- Direct students to **My Journal** to respond to the prompt indicated in the student worksheet (*prompt #10: "Why is it important to choose a career that aligns to your interests?"*). You may also assign an alternative prompt.
- Optional: direct students to upload their completed worksheet to **My Documents**, found under **My Plan**.

Who Are You?: Student Worksheet

Goal: You will complete a personality assessment and review your results in order to find careers that align with your skills and interests.

Part I: Introduction – Bell Work

Describe yourself in 50 words or less. You may use sentences or individual adjectives.

Now,

- Sign in to **CaliforniaColleges.edu**.
- Hover on **Career** and click on **Personality**.
- Complete the assessment; be mindful of your answers.
- Ask your teacher or counselor for assistance if you need clarification.
- Review your results.
- Discuss your results with an elbow partner; consider whether or not you think your results describe who you are right now.

Part II: Activity

1. Scroll down to the **Career and Pathways** section. Write down five career matches based on your results.

2. From the **Career and Pathways** section, click on the careers that interest you to learn more. This will take you to the career factsheet.
3. Review the **Work Activities**, **Skills**, and **Interests** sections. Consider: Do you see yourself in these descriptions? Why or why not?
4. Reflect on the **Work Activities** section. Consider: Do these activities interest you? Do you know how to do them or do you want to learn how to do them? How can you develop the skills you need to do these work activities? If you decide the career may be a good fit, favorite it by clicking on the ♥ at the very top of the page; it will save to your **My Plan**. If you are unsure about the career, check out the **Related Careers**, and review the factsheets of other careers. Favorite those you like.
5. Repeat these step #2, #3, and #4 for all of the other careers you wrote down in #1.

6. Select the **Your Personality** results section that you think most accurately reflects who you are. For example, you might focus on the Introversion/Extroversion scale. With an elbow partner, discuss the following questions: What about this particular scale do you connect with? Why? How might your assessment results explain the five career matches you just researched?

Part III: Reflect

- Go to **My Journal**, and in the **Career Journal** section find **prompt #10**:
“Why is it important to choose a career that aligns to your interests?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.