

CLE 10 – ASSIGNMENT SHEET – SELF ASSESSMENT INVENTORY AND MAPPING

WHY? – *Description and **Big IDEA** (What **UNDERSTANDING** will you demonstrate?):*
 Career-life choices are made in a recurring cycle of planning, reflecting, adapting, and deciding. In order to make effective and healthy choices for the future we need to have some idea of where we are right now and how we got to this point. That takes involves self-reflection.

THE Essential Question (What drives the work you do on this assignment?)
What are my strengths, my priorities, my skills, my ways of processing information and the elements of my personality that I should be considering when making life / career-life choices?

What is being assessed in this assignment? (These are right out of the Curriculum Document online)

Curricular Competencies (What will you show that you can DO ?)	Curricular Content (What information will you show that you KNOW ?)	Core Competencies (Which cross-curricular skills will you show that you can APPLY ?)
Initiate: Explore and reflect on career-life roles, personal growth, and initial planning for preferred career-life pathways	Career life development – preferred ways of knowing and learning.	Communication – acquire, collect and present information.
Examine: Examine the influences of personal and public profiles on career-life opportunities	Career life development – self-reflection and assessment strategies.	Communication – recount and reflect on experiences and accomplishments.
Experience: Identify career-life challenges and opportunities, and generate and apply strategies	Career life planning – models of decision making and innovative thinking for flexible planning and goal setting.	Creative Thinking – developing ideas
Experience: Explore and connect experiential learning both inside and outside of school with possible and preferred career-life pathways		Critical Thinking – analyze and critique
		Critical Thinking – develop and design
		Personal & Cultural Identity – personal values and choices
		Personal & Cultural Identity – personal strengths & abilities
		Personal Awareness & Responsibility – well-being

WHAT do I hand in? (*End Goal, Product – what will it look, sound, feel like to the intended audience?*)

You will create a personal profile of *strengths* (PERMA, Big Five Personality Traits), *preferences* (personality type tendencies), and *information processing* (Multiple Intelligences, EVO Brain Type Indicator, balance), priorities, desired areas for improvements, and goals that will inform choices about career-life and personal life. *Be sure to choose a final publication format that suits your skills and the resources that you have available.*

Publication (*how will you share this information?*) Student choice between:

- Blooms Ball (template will be provided)
- Poster / Poster Series (computer/handmade)
- Skills and Priorities Menu (computer/handmade)
- Multi-page brochure (computer / handmade)
- PowerPoint document/presentation
- Student proposal – share an idea, we'll see if it can work!

Process – (Task list, milestones, timelines, due dates and deadlines)

Task / Action (What do you need to do?)	Due Date (DD) or Deadline (DL)? What date?	How Long will it take? (Set a goal.)	Done? (Checkmark)
Take the Multiple Intelligences quiz at Edutopia (link on teacher website). No sign up required!			
Take the Brain Type Indicator from EVO (link on website).			
Take the 16 Personalities Quiz which is based on the Meyers Briggs Traits Indicator (link on teacher website). Explore results (you do NOT need to sign up to get your results via email!) Copy and paste the information into a Word or Pages document so that you can go over the details. No sign up required!			
Take at least <u>two</u> quizzes at Penn St. Authentic Happiness (link on teacher website; note that the link includes a link to their Privacy Policy.) There is a video on how to register, explaining which information you need to enter for registration. You must take the VIA Character Strengths Questionnaire. <ul style="list-style-type: none"> For your second choice, you can take any one of the following: Workplace PERMA, Work-Life, Meaning in Life, Authentic Happiness, or PERMA meter. You may, if you like, take more than two surveys, but you do not have to. 			
Take the Big Five Indicator questionnaire through Berkley Personality Lab (link on website; note that the link includes another link to their Privacy Policy). There is a video explaining how to access the questionnaire. All data is gathered <u>anonymously</u> . No sign up required! Information after the blue line is entirely optional.			
Read the 20 Minute Life Check Up and complete the associated worksheets.			
Complete the "Prioritize" worksheet			
Complete the WiseGoals Sheets , making sure that your goals are SMART (see image on website).			
Review all of your results. <i>Look for patterns.</i> What trends do you see in skills, strengths priorities and preferences? Using this information, consider how someone would describe you if they only had these results to go by.			
<i>Decide</i> how you want to publish and share this information and create final product.			

***HOW will you be assessed for the work on this assignment?
HOW will you demonstrate what you know and can do?***

What evidence have I provided that I've met this goal?	The Learning Goal (ME)	Stretches (I need some support) (AE/NYM)	Strengths (I excelled at...) (EE)
	I can learn about and ask questions about my personality type, my MI and how those things show up in my life. (Do)		
	I can look up/find information on which jobs/occupations/careers might match my skills, strengths and preferences. (Do)		
	I can list/name reasons why certain jobs/occupations/careers would work for me or not. If I'm interested in a j/o/c that might be difficult, I can imagine how to get better in challenge area. (Do)		
	I can clearly identify and accurately explain my M.I.s, my personality type, my character strengths, priorities and values.		
	I can choose and connect results from various self-reflection strategies to help me set goals and figure out my priorities. (Do)		
	I have used several different tools to self-reflect and set goals. (Do, Know)		
	I have communicated my learning about self-reflection clearly, accurately, thoroughly and in an appealing format. (Do)		

Expectations, Cautions & Tips for Success

- Focus on patterns and things your various survey results have **in common**.
- Decide **HOW** you will group your information and present it.
- When in doubt, return to the essential question and rubric above to decide how something fits in your project.
- The more thoughtful and sincere your responses, the more useful this project will be to you. This is **NOT** just to have something to hand in to be assessed and evaluated.
- Go for **quality vs. quantity**