

GLC20 Unit 1: Personal Management

Activity 3: Taking Stock of Yourself

Overview

The job market can be a tricky place to explore, but with a bit of preparation and research, you will be able to find a job that you enjoy. This activity is to facilitate you in finding employment by learning more about yourself.

Lesson

Introduction

Has anyone ever asked you what you are really good at? What are your gifts? Are you musically gifted, an athlete, or computer-savvy? Have you ever thought of who you are and what the future holds for you?

In this lesson you are going to embark on a journey of self-discovery and find out what makes you uniquely you. You will find out what you are good at, what you need to work on, what really is important to you, and how you can transfer these skills to a job that you will truly enjoy.

Case Scenario

You are applying for a job as a summer intern and have been selected for an interview. Prior to the interview you are required to complete 6 reflection tables to help the employer get to know you better in terms of skills, personality, and values.

Assignment

1. Complete the 6 reflection tables.

Complete each of the following Reflection Tables.

<u>Reflection Table #1: Interests</u>	<u>Reflection Table #1: Skills</u>	<u>Reflection Table #1: Values</u>
<p>My 3 top interests are:</p> <ol style="list-style-type: none">1.2.3. <p>Based on my interests, the fields of work in which I could see myself involved in the future include:</p> <ol style="list-style-type: none">1.2.3. <p>It is important for me to know my interests when pursuing my future occupational goals because:</p>	<p>My 5 strongest skills are:</p> <ol style="list-style-type: none">1.2.3.4.5. <p>I believe what makes me strong in these areas is that:</p> <ol style="list-style-type: none">1.2.3. <p>Skills I believe I need to work-on include:</p> <p>I can strengthen the above skills by:</p>	<p>The important values that I have include:</p> <ol style="list-style-type: none">1.2.3.4.5.

Reflection Table #1:
Intelligences

How am I smart?

- 1.
- 2.
- 3.

How do I learn best?

- 1.
- 2.
- 3.

How will this information help
my in my future career goals:

Reflection Table #1:
Personality

These 5 characteristics best
describe my personality:

- 1.
- 2.
- 3.
- 4.
- 5.

Based on my personality type,
the types of jobs in which I
could see myself involved with
in the future include:

- 1.
- 2.
- 3.
- 4.
- 5.

Reflection Table #1: Goals

My Short Term Goals,

In the next two years, I plan to:

- 1.
- 2.
- 3.

Education/ Work Goals in the
next 2 to 5 years:

Long Term Goals, goals that I
want to achieve in the next 5 to
15 years: