

This activity will help students explore the different qualities that make them unique. Complete each section by following the instructions provided.

Teacher Led	X	Requires Computer	*	Requires myBlueprint.ca	*
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*Extension Activity requires myBlueprint.ca

LEARNING GOALS:

1. Students will reflect on personal traits and how to apply their personal traits to daily situations.
2. Students will reflect on positive personal skills and understand the influence they have on others and how they can be utilized for personal advancement in the future.

CORE COMPETENCIES:

- Social Responsibility
- Positive Personal and Cultural Identity

MATERIALS:

- Computer, tablet, or mobile device
- Writing tools
- **Handout [A] – Top Five Things I Know About Myself**
- **Handout [B] – How I View Myself**
- **Handout [C] – How Others View Me**
- **Handout [D] – Reflections**
- **Handout [E] – Evaluation Rubric**

INSTRUCTIONS:

1. Provide students with the **Handout [A]** to complete individually
2. Upon completion, have students find a partner who shares one of the same qualities that he/she has identified previously on his/her “**Top Five Things I Know About Myself**” worksheet
3. In these pairs, have students discuss and share their lists and answer the *Compare and Contrast - Discussion Questions* in Handout [A]
4. Provide students with **Handout [B]** and **Handout [C]** to complete individually

Note:* **Handout [C] could be completed as a homework assignment to give students the opportunity to ask their peers, family members, and teacher how they view them in order to accurately fill out the chart.

EXTENSION ACTIVITY:

1. After students complete **Handout [C]**, have students visit www.myBlueprint.ca, and **Log in** to their account.
2. Have students to access their 'Core Competencies' portfolio (**Home > Portfolios**). If students don't have a 'Core Competencies' portfolio, have them create a new portfolio titled 'Core Competencies' by clicking **+ Add Portfolio**.
3. Ask students to write a journal entry based on the reflection questions from **Handout [D]** (see **Handout [E]** for writing evaluation rubric).
 - a. Click **+ Add box** > select **+ Journal** > Add **Title** "How I View Myself and How Others View Me") **Note: students can type up their journal entry in a Word document and attach/upload the file to their journal entry on myBlueprint.*

HANDOUT [A] - TOP FIVE THINGS I KNOW ABOUT MYSELF

List some traits that you would use to describe yourself and reflect on what that could mean in a work/school environment

I am...	Which means I...
E.g. Punctual E.g. Friendly	Respect deadlines Thrive in a group setting
1.	
2.	
3.	
4.	
5.	

*Activity adapted from Brian Harris, B.A., M.Ed.

COMPARE AND CONTRAST – DISCUSSION QUESTIONS

1. What are the similarities?
2. What are the differences?
3. What quality do you admire about your partner and why?

HANDOUT [B] - HOW I VIEW MYSELF

Decide if the following qualities are: **always**, **sometimes**, or **never** like you and check the corresponding boxes in the chart below.

Quality	Always	Sometimes	Never
I AM RELIABLE			
I AM PUNCTUAL			
I AM HONEST			
I AM POSITIVE			
I AM HARDWORKING			
I AM HAPPY			
I AM KIND			
I AM STUBBORN			
I AM CREATIVE			
I AM INTELLIGENT			
I AM SELFISH			
I AM OUTGOING			
I AM CONFIDENT			
I AM LOYAL			
I AM HUMOUROUS			
I AM FRIENDLY			
I AM CAPABLE			
I AM WITHDRAWN			
I AM CURIOUS			
I AM AMBITIOUS			
I AM COMPULSIVE			

HANDOUT [C] - HOW OTHERS VIEW ME

Check off the qualities your family, peers, and teachers think you have in the chart below. Check off all that apply.

Quality	Your Family	Your Peers	Your Teachers
RELIABLE			
PUNCTUAL			
HONEST			
POSITIVE			
HARDWORKING			
HAPPY			
KIND			
STUBBORN			
CREATIVE			
INTELLIGENT			
SELFISH			
OUTGOING			
CONFIDENT			
LOYAL			
HUMOUROUS			
FRIENDLY			
CAPABLE			
WITHDRAWN			
CURIOUS			
AMBITIOUS			
COMPULSIVE			

HANDOUT [D] - REFLECTIONS

REFLECTION – HOW I VIEW MYSELF

Once you have answered the following questions, upload your answers to your Portfolio!

1. Make a list of **up to six** statements you rated **never**:

- a.
- b.
- c.
- d.
- e.
- f.

2. What does this say about you? Are you proud of this rating?

3. Make a list of **up to six** statements you rated **always**:

- a.
- b.
- c.
- d.
- e.
- f.

4. What does this say about you? Are you proud of this rating?

REFLECTION – HOW OTHERS VIEW ME:

Once you have answered the following questions, upload your answers to your Portfolio!

1. List the qualities that your family peers and teachers agree on. What does this say about you?

2. What qualities did others list for you that you disagree on?

3. What qualities do you feel you have to work on? Why?

4. What qualities are you most proud of? How can you use these traits to get forward in your life?

HANDOUT [E] - WRITING EVALUATION RUBRIC

Name: _____

CATEGORY	Level 4 (80 – 100%)	Level 3 (70 – 79%)	Level 2 (60 – 69%)	Level 1 (50 – 59%)
Content	Writer goes above and beyond in the amount of detail in answers. Ideas are clear and easy to understand.	Writer provides average amount of detail in answers. Ideas are fairly clear and easy to understand.	Writer provides some detail in answers. Ideas are not very clear and somewhat difficult to understand.	Writer provides limited detail in answers. Ideas are not clear and cannot be understood.
Understanding	Writer has a clear and detailed understanding of their own abilities and is able to explain them with ease.	Writer proves to have an understanding of their own abilities and is almost always able to explain with ease.	Writer has some understanding of their own abilities and explains them with some difficulty.	Writer has limited understanding of their own abilities and has great difficulty explaining them.
Application	Writer is able to make a strong connection between their abilities and how they will impact their life.	Writer makes a connection between their abilities and how they will impact their life.	Writer makes some connections between their abilities and how they will impact their life.	Writer makes limited connections between their abilities and how they will impact their life.
Grammar & spelling (conventions)	Writer makes no errors in grammar or spelling.	Writer makes 1-2 errors in grammar and/or spelling.	Writer makes 3-4 errors in grammar and/or spelling	Writer makes more than 4 errors in grammar and/or spelling.

Teacher Comments:

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