

Who Am I?

"The measure of who we are is what we do with what we have." Vince Lombardi

Learning Objectives

- *Apply concepts of photographic arts and technology for self-discovery and high quality educational enrichment activities*
- *Build collaboration capacity through team building exercises that help learners appreciate the importance of diversity*
- *Apply advanced and safe Internet search strategies to locate high quality photos that represent good composition*
- *Apply basic photography skills to take pictures representing one's identity*
- *Apply strategic thinking skills to utilize technology to prepare and present information*

Table of Contents - Scroll down and locate the green headings for each of the following sections

Part One: Introduction - Index Card

Part Two: Slides 1 through 7 - Analyzing photos and photo composition

Part Three: Original photos and personal explanations

Part Four: Personal journal and digging in to "Who I Am"

Part Five: Slides 11 through 15 - Who Am I slides with original photos, titles, topics, explanations and a nice and creative layout and design.

Sequence

1. *I am.....index card*
2. *Slide show - ongoing*
3. *Digital Footprints - After "Beware of Online Risks" comments section (Who does your digital footprint say that you are? Your calendar? Your wallet?)*
4. *Shoe pictures*
5. *Labels*
6. *Lines & Blobs - Optional*
7. *Journaling - Who Am I - Favorite possession, poem, thoughts, reflections*

Part One - Introduction: I am.....Index Card

1. On an index card, write your student number (about ½ inch in size) in the upper right corner. It begins with your class period, a dot, then a two digit number. (Ex: 3.08)
2. On the front, list your last name in relatively small letters on the bottom. Write your first name in **big, bold, colorful letters to fill up the middle of the card**.
3. On the back side, number from 1 to 10 along the left side.
4. Write 10 “I am” statements. (5 + is okay for starters)
5. Lines and blobs - [Identity Activity](#) (one month in)

Who Am I Slideshow

There are three parts to the slideshow:

- Part One: Looking inside: Who Am I and Photo Composition
- Part Two: Taking high quality pictures that represent the qualities you outline in part one
- Part Three: Journal work, self discovery, personal notes

Part Two: Who Am I? Slideshow - Slides 1 through 7

A. Introduction (15 minutes)

1. Use PowerPoint in Office 365. Title the slideshow using **your student number, last initial, first name & Who Am I.** (Ex: 1.31 M Gena Who Am I)
2. **Refer to [Who Am I Example PowerPoint](#)**
3. Create a title slide and add your picture of yourself (once it has been taken).
4. Add another slide with a title and a large text box. In the text box, left aligned, type each of the following “I” words on a separate line along with the respective lists:
 - Interests - List 5 things you are interested in
 - Influences - List 4 major influencers in your life (people or things)
 - Impacts - List 3 major impacts you hope to have on the world
 - Inspirations - List 2 things that inspire you
 - Identity - Include your final “Who Am I” statement. What is my identity?

B. Set up the format for the slides - 20 minutes - (Scroll down for example)

You may read instructions below or view instructions in this video tutorial: [Using Tables to Format and Align Text](#)

You will set up your Interests slide, then duplicate and modify it for your Influences, Impacts, Inspirations and Identity.

1. For the Interests slide:
2. Insert a slide with the layout **Title Only**.
3. Insert a 5 x 5 table, then click on the **Design** tab and explore to adjust as appropriate. Do not remove fill color from the table until all other work is done on the slide.
4. Each of the five columns will represent one of your five interests.
5. Complete each of the rows as follows:
6. Row 1 - Begin with the labels across the top (Ex: Music, Sports, Friends, Books, Church)
7. Row 2 - Add a good quality picture. Good quality doesn't just mean you like the subject, it means it is well exposed, well composed and in focus.
8. Row 3 - Add the URL where the picture was found
9. Row 4 - Explain the elements that make the picture a **good quality** picture. You are NOT commenting about what the picture means to you personally.
10. Row 5 - (You can save this row for when you finish everything else) What picture will you eventually take yourself to represent this category.
11. Format the font in each row as follows, or appropriately so that the text fits well: Row 1 - 18 pts and bold, Row 2 - this is where the picture will go, Row 3 - the URL can be 6 to 8 pts in size, Row 4 - 12 points, Row 5 - 12 pts. Adjust sizes as needed.
12. Duplicate the slide four times and change the title on each. To duplicate a slide, select it from the list at the left, right click, and follow prompts. Right click in a column(s) to delete it.
13. After you've added all content to slides, select all columns and remove the fill color.

C. Complete the tables - 45 minutes

1. Be sure that the main headings and subheadings on each of the five slides (Interests, Influences, Impacts, Inspirations, and Identity) are accurate.

2. Search for pictures representing each subheading. Paste it into Row 2 and the URL into Row 3. Picture options:

- i. [Pexels](#) - Free stock photos shared by talented photographers
- ii. [Unsplash](#) - Beautiful, free photos gifted by the world's most generous community of photographers.
- iii. [Pixabay](#) - stunning free images and royalty free stock.

3. In Row 4, add specific comments about what makes the picture a good quality picture in your opinion.

Example of slide once colored fill has been removed from table:

INTERESTS

Outdoor
Adventure



This Photo by Unknown author is licensed under CC BY-NC-ND.

Perspective
Leading lines
Rule of thirds
Challenge course

Learning



This Photo by Unknown author is licensed under CC BY-SA-NC.

Color
Focus
Me with learners

Faith



http://i4.amazonaws.com/idc_attachments/images/20312875dnton_1_Christ_Lovev eb.jpg

Angle
Fill the frame
Lighting
Bible

Maximizing,
Developing,
Serving



This Photo by Unknown author is licensed under CC BY-SA-NC.

Color
Angles
Mountain type picture

Activities with
Friends



This Photo by Unknown author is licensed under CC BY.

Colors
Simplicity
Focus
Running with Dawn



Part Three: Who Am I Slideshow - Original Photography and Personal Explanations

This part of the slideshow is similar but different than Part One.

It's similar because:

- You will still focus on the same five interests
- You will still include detailed topics under each interest
- It is about YOU
- You are committed to good capitalization, spelling, contrast, layout, etc.

It is different because:

- This emphasis is on pictures YOU have taken
- You are applying rules of composition as you take the pictures
- You have creative freedom with the layout and design
- You will include short personal comments about each topic included on each slide

Rubric

Create a **Photo List** of each picture you will take. Either copy and paste from link at left or recreate your own table. (Example: [Photo List/Plan](#) in Word)

Instructions:

Good composition and photo quality is assumed. You **do not comment** on those things on the slides in the slideshow, **instead, comments should be about your topics** and your comments on composition will be handwritten on the back of the scoring rubric.

1. Add five new slides to your Who Am I Slideshow with the same five "I" titles and topics.
2. They should be slides 8, 9, 10, 11 and 12.
3. It is okay to adjust the number of topics under each heading as you wish.
4. Add personal comments about the individual topics (Ex: I love art because...)
5. Commit to a pleasing appearance on each slide with a nice layout and good CUPS. **Avoid using tables** for this part of the slide show.
6. Be prepared to revise until it represents excellence.
7. Student volunteers and RANDOM students will be drawn to present.
8. Refer to your Photo Plan as you take photos, and consider composition with each photo you take. You will be asked to include what rule you applied in your final scoring.
9. If you include any pictures you did NOT take, give credit in a subtle way. If you take any pictures off the Internet, include the URL.

Example slides from last year:

[Slide 1](#): Nice layout, thorough, included URLs

[Slide 2](#): Creative, artistic

[Slide 3](#): Quality photo, power of simplicity

Part Four: Who Am I? Journal: Digging in to “Who I Am”

Who Am I Slideshow

Add slides (and rearrange as needed with the following headings:

1. Title Slide
2. My I's
3. Interests
4. Influencers
5. Impacts
6. Inspirations
7. Identity
8. Shoe Slide 1
9. Essence of Destiny
10. Journal
11. Interests
12. Influencers
13. Impacts
14. Inspirations
15. Identity

Insert a slide after your Identity slide called **Journal**. (Slide position 13)

Add a slide background that looks like a piece of notepaper.

Add a textbox and type:

The most important thought I'll ever have is what I think about _____. (Fill in the blank)

Change the text to a font that looks like handwriting and resize it for a pleasing appearance.

Add to your journal by answering the following questions using complete sentences.

Who am I based on what my Digital Footprint says about me? My time? My money? My thoughts, words, actions, and energy? My index card? The class activities (labels and groups).

Insert a slide with the title: **The Essence of Destiny** (Slide position 14)

Watch your thoughts, for they become words.

Choose your words, for they become actions.

Understand your actions, for they become habits.

Study your habits, for they will become your character.

Develop your character, for it becomes your destiny.

~Author Unknown

Insert a slide

My Favorite Possession (Slide position 15)

Insert the picture of your favorite possession

The picture should be taken against a nice background.

Compare and contrast photo quality in various basic modes. Choose the best one. (Consider why they are different)

Explain what your favorite possession says about who you are

Part Five - Final Slides 11 - 15: Who Am I?

Your best source of guidance for the final section of your Who Am I slideshow is the [rubric](#). Please click on the link.

IF you have questions, you may review the instructions below.

Each of slides 11 - 15 should include the following elements. They do NOT need to be placed in a table. Use your creativity and artistic skills to achieve a nice layout and design.

1. Main Heading (Interests, Influencers, Impacts, Inspirations, and Identity)
2. Sub topics - Include the one- or two-word subtopics that you listed in the first part of this slideshow
3. Pictures - Each slide should have at least one picture, and many will have more. In total, you must have AT LEAST nine pictures (at least five that you've taken yourself since this assignment was given, and at least three of them taken at school - at least one of those should be inside and at least one should be outside)
4. Any pictures that you included that were NOT taken by you must give credit below the picture in a small and subtle font)
5. Explanation of why the sub-topic is important to you.
6. Commit to quality photos, layout, capitalization, spelling, etc.

BONUS SLIDE

Add a slide that has you somewhere related to your bucket list. Use remove.bg

DISREGARD - Teacher Notes:

Know who you are and what you believe, and be intentional.

What have you learned about yourself based on a reflection on your digital footprint, time, energy, money, thoughts, words, etc?

Sticky Note Activity

Volunteer Photographer?

What did you learn through the sticky note labels activity? (one negative and one positive on me; one negative and one positive on another) Model.

How do you decide what you believe?

What's your unchanging anchor?

Is there anything that could happen that would cause you to lose your identity?

What would you do if you were injured and could no longer.....

What are some identity thieves

Where do you land on the spectrum of - humility vs pride, etc.

Value auction?

The psychology of a 2-year-old, teen, twenties, etc. - [Egocentric](#)

Identity Activity - Lines and Blobs - what do we learn?

IDENTITY THIEVES

Competition, comparison (JC 2/28), jealousy, lies, accusation, condemnation, shame, soul wounding

*Insert a slide: The Essence of Destiny Poem¹

¹ Optional Reading: "Making the right decision for your future is indeed a difficult and concentrated task. For this reason alone many, in fact, most people do not make the best choices. Our society likes the easy and convenient things in life, and that includes easy thinking. We've all heard it before that if you want to change some things in your life, then you have to change some things in your life. This now cliché statement is referring to this same idea, that if you want to change where you will be tomorrow, change how you are thinking today, because those thoughts today will determine your actions, your words, your character, and your destiny for your future... and it all starts with your next single decision.

You are nothing more than a reflection of your thoughts, and your thoughts are nothing more than a combined reflection of your surroundings and past experiences. To grow, you must overcome your current reflection and become a projection of what you want to become. When you project that image and choose to begin focusing on the goal of becoming that projected person, then you will overtake the reflection, break the cycle, and become great. Whether the best janitor or the best physician, you will be a great person with value to add to every life that you come in contact with, whether directly or through that ripple effect we've discussed.

We've heard it said many times, that the height of insanity is doing the same thing over and over and expecting a different result. That is a powerful thought if you really take time to think about it. So, if you want a different result, you change those things getting you there, right?

"Well, yes, but; I'm too old; Too young; Too poor; Too well-known in this area; Too whatever..." No, you're just too full of excuses! You want that cycle to change...

The point here is that we need to change where we are now. You need to find a focus on something that is bigger than you, and that can only be something that betters the lives of more than just you. Focusing on a thing will only suffice for a short while, and the rewards of attaining it last even shorter. It is only through touching others and serving others that we become great.

To summarize, back to the short saying that started this chapter; your thoughts will determine your destiny. Only you have the power to change your direction and determine your path. Change is uncomfortable, yet causes growth that becomes natural and second-nature. Find a goal bigger than yourself, worthy of your time, something that serves the needs and good of others, a goal that inspires you to great actions, making you the leader that you are within, even if you don't realize it yet. Arise, be who you are, not who society tells you that you are. You are a leader, unaware, waiting to lead the march towards greatness."

Article Source: <http://EzineArticles.com/1860206>

"Watch your thoughts, for they become words.
Choose your words, for they become actions.
Understand your actions, for they become habits.
Study your habits, for they will become your character.
Develop your character, for it becomes your destiny."

STOP HERE - THE REMAINDER IS IN DRAFT FOR

2. Create a slide with the title "Interests".
3. Across the top, create five small text boxes to house a one-word label

4. Across the middle, create five place holders for pictures
5. Below the picture place holders, create five text boxes to hold an analysis of the picture.
6. Teacher tip: You can save time by creating each of the 3 boxes in the left fifth first, then using the CTRL key to select all, then CTRL D to duplicate.
7. Type each of your five interests in the top five boxes.
8. Obtain a **good quality** online picture in each of the middle boxes. Be sure to copy and paste the URL of the photo into a sources slide at the end. Include the name of the picture and the URL. At this time it is not necessary to use the MLA format for the citations. Check out these sites for online photos:
 - i. [Pexels](#) - Free stock photos shared by talented photographers
 - ii. [Unsplash](#) - Beautiful, free photos gifted by the world's most generous community of photographers.
9. In the text box below the picture, explain the characteristics of the picture that made it a **good quality** picture.
10. Repeat the above process as directed for each of the other “I” categories, adjust down to four columns, then three, two, and one.

“Taking an image, freezing a moment, reveals how rich reality truly is.” Anonymous
 “The measure of who we are is what we do with what we have.” Vince Lombardi

FINAL SLIDE - Who Am I?

This is big. Don't underestimate it.

Who are you to others? Who is your “go to” person?

The difference a coach can make, one minute video: <https://youtu.be/vnqcVsLgdsU>

Part B - Replacing with your own pictures - **Needs updating!**

- The pictures represent good photo **composition** – you will need to explain it in your slideshow so be dedicated to this!
 - The pictures clearly represent you and the related “**I**” word. The photos will focus on your interests, influences, impacts, inspirations, and identity – each are explained below.
 - The pictures exemplify good exposure and good focus.
5. Each slide should include:
 - A picture representing the category on the planning sheet. Substandard pictures are **not** acceptable.
 - Beneath the picture, include
 - The rule of composition used
 - Camera settings (be intentional)
 6. Use proper spelling and capitalization, an appealing layout, and good color contrast.

Review these or other sources to sharpen your composition knowledge:

- [Photo Composition Techniques - Canon](#)
- [18 Composition Rules for Photos that Shine - Digital Photo Secrets](#)
- [5 Easy Composition Guidelines - Nikon](#)
- [20 Composition Tips - Petapixel](#)

In this phase of the project you will apply what you've learned about the camera, exposure, focus, and composition as you take pictures that represent who you are. ***Commit to doing your best quality work. Step it up a level to something beyond beginner work if that's where you have been.***

TEACHER NOTES:

Three sections to the Who Am I

Part One - PHoto analysis and idea development

Part Two - About me and applying photography skills with creative freedom

Part Three - Journal

Possession Questions: (Same question, two meanings)

You can take anything from me, but your can't take my BLANK.

You can take anything from me but you CAN'T (literally) take my _____.