

# Getting to Know Myself

## Part I: My Personal Strengths and Interests

Given the following list of statements, respond by indicating whether each statement is “like me” or “unlike me.” Place an “X” in the appropriate column.

	Like Me	Unlike Me
I am shy.	<hr/>	<hr/>
I am dependable.	<hr/>	<hr/>
I am easy to like.	<hr/>	<hr/>
I often worry.	<hr/>	<hr/>
I make up my mind easily.	<hr/>	<hr/>
I like to talk in front of the class.	<hr/>	<hr/>
I get upset easily.	<hr/>	<hr/>
I often get discouraged at school.	<hr/>	<hr/>
I am proud of my schoolwork.	<hr/>	<hr/>
I am popular with my peers.	<hr/>	<hr/>
My parents usually consider my feelings.	<hr/>	<hr/>
I usually succeed in most things.	<hr/>	<hr/>
My peers often pick on me.	<hr/>	<hr/>
My parents expect too much of me.	<hr/>	<hr/>
I am often proud of myself.	<hr/>	<hr/>
I like to be alone.	<hr/>	<hr/>
I would like to do better in school.	<hr/>	<hr/>

	Like Me	Unlike Me
At home, people often ignore me.	_____	_____
I like to be called on in school.	_____	_____
I am easy to persuade.	_____	_____
I like to lead the group.	_____	_____

## Part II: My Areas of Interests and Strengths in School

Given the following list of statements, respond by indicating whether each statement is “like me” or “unlike me.” Place an “X” in the appropriate column.

	Like Me	Unlike Me
I like reading.	_____	_____
I do well in reading.	_____	_____
I like math.	_____	_____
I do well in math.	_____	_____
I like physical education.	_____	_____
I do well in physical education.	_____	_____
I like science.	_____	_____
I do well in science.	_____	_____
I like grammar and language arts.	_____	_____
I do well in grammar and language arts.	_____	_____
I like social studies (history and geography).	_____	_____
I do well in social studies (history and geography).	_____	_____
I like computers.	_____	_____

	Like Me	Unlike Me
I work well on computers.	_____	_____
I like health.	_____	_____
I do well in health.	_____	_____
I like art.	_____	_____
I do well in art	_____	_____
I like music.	_____	_____
I do well in music.	_____	_____

Is there anything else that wasn't listed that you think you're good at?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Summary:**

1. My personal interests and strengths are:

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2. My interests and strengths in school are:

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3. Something I am proud of myself for being able to do well is:

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4. Something I wish I could do better is:

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5. Something I want to accomplish in the next year is:

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6. Something I want to accomplish before I graduate from high school is:

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