Career Education, Grade 10 - Personal development/Self-Awareness

By Christina Willard-Stepan

**Overview/Rationale:**

Assessing the things that are important to us is a critical part of getting know ourselves and supports future planning. This is a rich, interactive class activity to invite students to reflect on their values

**Duration:**

1 hour

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| **Big Ideas** | * Effective career planning considers both internal and external factors
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| **Curricular Competencies** | * Consider the impact of personal and career choices on themselves and others
* Recognize the need for a healthy balance between school and other life activities
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| **Content** | * Self assessment for career research
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**Materials/Links:**

* Values cards (attached) for each student
* Scissors
* Journals/paper/my Blueprint for reflection and recording

**Activity**

* Distribute Values Card sheet to each student and have them cut them into their own ‘deck’. There are blank cards for you and/or students to add additional words
* Invite students to pair up
* Have them each individually sort their in order of importance from least to most import.
* Have them take turns explaining their rational and process to their partner
* Have them record their top 5 values – record in journal, or in myBlueprint
* Explain the connection to career choices
* Class discussion. Reflect out to larger group - Have them share a win from the exercise

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| **Advancement**A desire to be promoted to increasingly more senior positions | **Cooperation**A preference for working on tasks in a team setting. To do things jointly with others |
| **Courtesy**A preference for politeness in personal relationships | **Ecology**A concern for the natural state of the environment.  |
| **Economic Security**Having steady, adequate sources of income, enough to avoid financial worry | **Flexibility**A desire to approach all commitments in a varied manner. The need to be able to alter plans according to changing circumstances |
| **Health**The condition of being well in body and mind | **Honesty**Integrity of character or action in the defense of personal beliefs |
| **Humour**The ability to see the positive, lighter side of difficult situation and to express humour. The quality of being amusing or comic | **Idealism**The belief in an idea despite obstacles |
| **Love** | **Order**A need to plan ahead and avoid randomness |
| **Perseverance**The ability to maintain a constant attitude and level of dedication to a task or idea | **Responsibility**Hold oneself and other accountable for actions and outcomes |
| **Sincerity**To be genuine and to convey one’s true thoughts and feelings | **Skill**The ability to use one’s talents and knowledge effectively and readily. The result of special training. |
| **Autonomy**Freedom from external control or influence | **Leadership**The desire to take a lead role  |
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