

Identifying Strengths and Interests

Unit 1, Lesson 2

AGENDA



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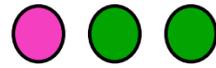


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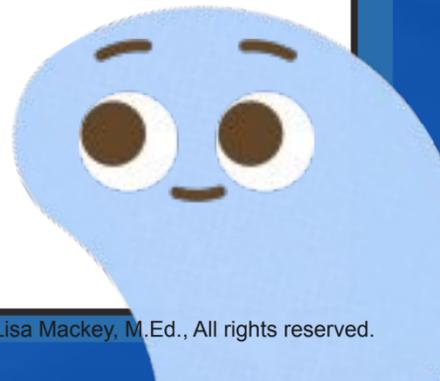
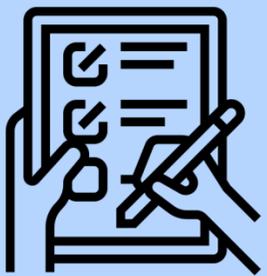


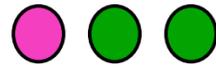


Warm Up



What do you want to do after you graduate from high school?



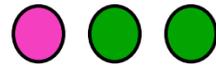


DISCUSS- Explain



When you're in middle school, it can be difficult to think about what you want to do over 4 years from now, and that's OK! But now is a great time to start thinking about what you are good at, or your strengths, and the things you like to do, which are your interests. When we know our strengths and interests, we can learn more about careers that we might be interested in doing after high school.



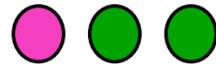


DISCUSS- Ask



Why is it important to begin exploring careers in middle school?





DISCUSS- Detail



Examples of Strengths, look at the rest of the chart in your student guide.

Courage

- Shows bravery
- Has persistence and perseverance
- Is honest and has integrity
- Shows enthusiasm, zest, vigor, or energy

Examples

I show bravery when it comes to doing things outside my comfort zone.

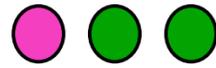
I am persistent and do not give up even when things get hard.

I believe that honesty is the best policy.

I'm always eager and enthusiastic about trying new things.

Having integrity, morals, and values is important to me.

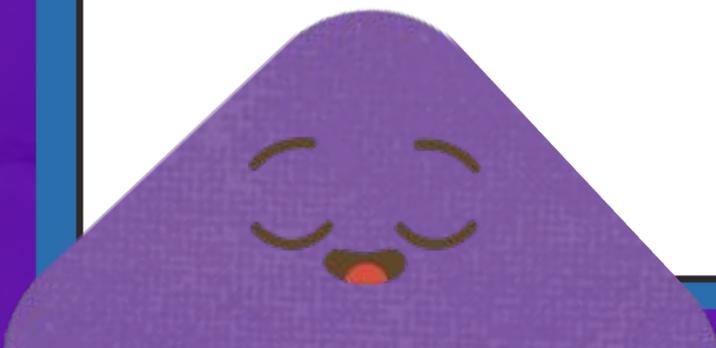


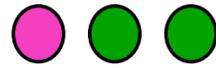


Model



Six areas of Strengths:
Courage, Humanity, Justice, Temperance, Transcendence,
and Wisdom & Knowledge





Try It

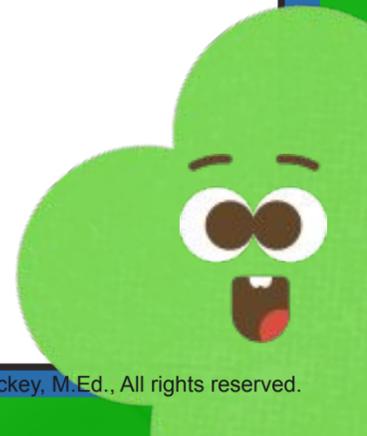


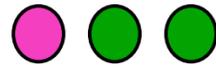
Look at the chart and identify 3 areas that you think are strengths and identify an example that demonstrates that strength.

Try It: Look at the chart below and identify three areas that you think are strengths and identify an example that demonstrates that strength.

Strengths*

<p>Courage</p> <ul style="list-style-type: none"> Shows bravery Has persistence and perseverance Is honest and has integrity Shows enthusiasm, zest, vigor, or energy 	<p>Examples:</p> <p>I show bravery when it comes to doing things outside my comfort zone.</p> <p>I am persistent and do not give up even when things get hard.</p> <p>I believe that honesty is the best policy.</p> <p>I'm always eager and enthusiastic about trying new things.</p> <p>Having integrity, morals, and values is important to me.</p>
<p>Humanity</p> <ul style="list-style-type: none"> Feels love Shows kindness, compassion and caring Is generous Shows social/emotional intelligence 	<p>Examples:</p> <p>I feel and give love easily.</p> <p>People consider me to be kind, compassionate, and caring.</p> <p>I am generous.</p> <p>I show social intelligence by recognizing how others are feeling and responding.</p> <p>I show emotional intelligence by recognizing my feelings and responding appropriately.</p>
<p>Justice</p> <ul style="list-style-type: none"> Is socially responsible Can be a leader and also works as a team Shows fairness Practices good citizenship 	<p>Examples:</p> <p>People look up to me as a leader.</p> <p>I work well on teams with others.</p> <p>I am fair.</p> <p>I practice good citizenship by volunteering or being a good neighbor.</p> <p>I am socially responsible and care about the world around me.</p>
<p>Temperance</p> <ul style="list-style-type: none"> Can forgive and show mercy Has humility and is modest Exercises self-control Is prudent and cautious 	<p>Examples:</p> <p>I forgive people who have wronged me.</p> <p>I am humble and modest about my gifts.</p> <p>I have the ability to exercise self-control.</p> <p>I show caution before doing something.</p> <p>I am not impulsive.</p>
<p>Transcendence</p> <ul style="list-style-type: none"> Shows gratitude Has hope and optimism Is humorous and playful Appreciates beauty and wonder Has purpose 	<p>Examples:</p> <p>I show gratitude on a regular basis.</p> <p>I consider myself an optimist.</p> <p>My friends think I am funny and consider me playful.</p> <p>I appreciate the beauty around me, such as art or landscapes.</p> <p>I know my purpose in life.</p>





Wrap Up



If you were to ask your friends and family, which strengths do you think they'd say you have?





Interdisciplinary

Have students use the career research tool from the US Bureau of Labor Statistics (<https://www.bls.gov/k12/students/>) to research careers that they are interested in and present information about the career to the class. Some areas they may be interested in learning about: education requirements, typical duties and responsibilities, potential employers, job outlook, career paths, and average salary information.





Lesson Complete!

