

Identifying Strengths and Interests



Activity #1: Learn the Concept

Warm Up: What do you want to do after you graduate from high school?

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*

Courage <ul style="list-style-type: none"> Shows bravery Has persistence and perseverance Is honest and has integrity Shows enthusiasm, zest, vigor, or energy 	Examples: <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>
Humanity <ul style="list-style-type: none"> Feels love Shows kindness, compassion and caring Is generous Shows social/emotional intelligence 	Examples: <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>
Justice <ul style="list-style-type: none"> Is socially responsible Can be a leader and also works as a team Shows fairness Practices good citizenship 	Examples: <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>
Temperance <ul style="list-style-type: none"> Can forgive and show mercy Has humility and is modest Exercises self-control Is prudent and cautious 	Examples: <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>
Transcendence <ul style="list-style-type: none"> Shows gratitude Has hope and optimism Is humorous and playful Appreciates beauty and wonder Has purpose 	Examples: <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>

Activity #1: Learn the Concept (cont.)

Wisdom and Knowledge <ul style="list-style-type: none"> Shows creativity Is curious and open-minded Has a love of learning Shows perspective 	Examples: <p>I am creative.</p> <p>I am curious about the world around me.</p> <p>I love to learn new things.</p> <p>I can look at things from another person's perspective.</p> <p>I am open-minded and willing to think about different things and consider other ideas.</p>
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*Adapted from Character Strengths and Virtues, by Christopher Peterson and Martin E.P. Seligman, Oxford University Press, 2004.

Strength	Example

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

**Activity #2: Self-Regulation Strategy**

Warm Up: What is the difference between self-esteem and self-confidence?



You may want to add Positive Self-Talk to the list of Additional Strategies on page 147.

Try It: Think of an interest you may have, but do not think of as a strength. Identify the negative thought associated with it and then create an example of positive self-talk you can use to replace it.

Interest: _____

Negative thought: _____

Activity #2: Self-Regulation Strategy (cont.)**Positive self-talk:** _____

Wrap Up: How will you use positive self-talk as a self-regulation strategy when your confidence needs a boost?

**Activity #3: Gratitude Challenge****Try It:** Select three of your strengths and identify why you are grateful for those things.**I am grateful for** _____**because** _____.**I am grateful for** _____**because** _____.**I am grateful for** _____**because** _____.**Activity #4: Socratic Seminar****A Single Shard, Lesson 2 Discussion Questions (Chapter 2)****Chapter 2**

What does Tree-ear do that makes Min upset? How does Min react? What is Tree-ear's response? Has there ever been a time you accidentally broke something valuable that belonged to another person? How did they react? How did you respond?

How does Tree-ear take responsibility for breaking the pottery? Do you think this is fair? Why or why not?

What job does Tree-ear think he will be given? What job does Min give Tree-ear? How does Tree-ear feel about this? What is it like to be frustrated?

What happens to Tree-ear during his first day on the job? What does Crane-man do?

What are some of Tree-ear's strengths? What are his interests?



Activity #5: Reflection

Try It: Review each category, description, and career examples to determine where your interests fall. Then answer the questions that follow.

Category	Description	Career Examples
Artistic	Likes work that deals with the creative side of things and work that can be done without following a set of rules.	<ul style="list-style-type: none"> • graphic designer • architect • musician, dancer, artist • journalist • video game designer
Conventional	Likes work that follows set procedures and routines. They prefer following a strong leader, working with clear rules, and paying attention to details rather than working with ideas.	<ul style="list-style-type: none"> • accountant • chef • secretary • librarian • insurance agent
Enterprising	Likes work that has to do with starting up and carrying out business projects. They prefer making decisions, taking action, and persuading others rather than thinking about things.	<ul style="list-style-type: none"> • entrepreneur • sales agents • human resources manager • lawyer • public relations
Investigative	Likes work that has to do with ideas and thinking rather than physical activity or leading people. They prefer searching for facts and solving problems.	<ul style="list-style-type: none"> • police officer • social worker • scientist • construction worker • doctor
Realistic	Likes work that includes practical, hands-on problems and answers. Does not like careers that involve paperwork or working closely with others.	<ul style="list-style-type: none"> • landscaper • veterinarian • engineer • pilot • auto mechanic
Social	Likes working with others to help them learn and grow. Prefers working with people and giving advice over working with machines.	<ul style="list-style-type: none"> • teacher • counselor • athletic trainer • child care worker • home health aid

Which categories are you most interested in? What about the description is most interesting? Which career examples for those areas are you interested in learning more about?

Activity #5: Reflection (cont.)

Do your interests align with your strengths? Explain.

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Home Connection

Share what you learned about your strengths and interests with your family. Together, identify any people you might know who also have these strengths and interests and talk with them about their career. Make sure to develop questions you want to ask in advance.