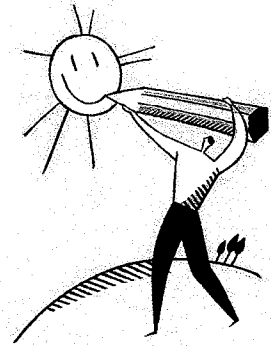


# THINKING ABOUT ME

*This worksheet can help you name the things you are good at, the things you enjoy, and the things that make you special. These are called strengths, talents, and interests. You can use your strengths, talents, and interests in school and in the world of work.*

*Complete this information as fully as you can. Be honest about your answers. Your answers will help you learn about yourself.*



NAME \_\_\_\_\_

## PERSONAL INFORMATION

My birth date \_\_\_\_\_

My birthplace \_\_\_\_\_

My age \_\_\_\_\_

My family includes \_\_\_\_\_  
\_\_\_\_\_

Special features of my family are \_\_\_\_\_  
\_\_\_\_\_

In addition to my family, the adults who help me are \_\_\_\_\_  
\_\_\_\_\_

My responsibilities at home include \_\_\_\_\_  
\_\_\_\_\_

## SCHOOL WORK

Subjects I enjoy most are \_\_\_\_\_

Subjects I am best at are \_\_\_\_\_

The type of work at school that I like best is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DATE \_\_\_\_\_

YEAR IN SCHOOL \_\_\_\_\_

**HOBBIES AND INTERESTS**

When I'm not at school I like to \_\_\_\_\_  
\_\_\_\_\_

I like these because \_\_\_\_\_  
\_\_\_\_\_

**WORK EXPERIENCE (AT SCHOOL, AT HOME, VOLUNTEER WORK, OR PAID WORK)**

I have worked as \_\_\_\_\_

I like to work when \_\_\_\_\_

I don't like to work when \_\_\_\_\_

**MY SPECIAL QUALITIES**

Five things I really like about myself are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_



Other people like my ability to \_\_\_\_\_  
\_\_\_\_\_

My greatest achievement so far is \_\_\_\_\_  
\_\_\_\_\_

My vision or dream is to \_\_\_\_\_  
\_\_\_\_\_

## MY PLAN

Now you will begin your very own plan. **MY PLAN** is where you can save information that is important to you. **MY PLAN** is your career and education plan. You create **MY PLAN** by reflecting on what is important to you.

Reflections are the thoughts you have after thinking about something. There are 11 reflections in **MY PLAN**. You will write two reflections for **MY PLAN** in this activity.

## REFLECTIONS

Look at your answers on pages 1 and 2, and think about what you are good at and what you like. Write your most important interests and strengths in the box below.

<p><b>MY STRENGTHS, TALENTS, AND INTERESTS...</b></p> <p>I most like to _____</p> <p>_____</p> <p>I am particularly good at _____</p> <p>_____</p> <p>_____</p>
---

You know a lot about yourself. Think about what careers might use your strengths, talents, and interests. Write the names of those careers here.

<p><b>CAREERS THAT MIGHT USE MY STRENGTHS, TALENTS, AND INTERESTS...</b></p> <p>_____</p> <p>_____</p> <p>_____</p>
---

## CREATING MY PLAN IN CIS

You can save your plan in CIS. You will be able to change and update your plan at any time. If you want, you will be able to review what you write now—in middle school—and when you are a senior in high school.

Open your personal portfolio in CIS. It will take you three clicks to get to the reflection boxes for **Thinking about Me**.

**Click #1:** My Plan

**Click #2:** Who Am I?

**Click #3:** 2. *Thinking about Me* (Activities with reflections will have numbers in front of them.)

The screenshot shows the 'My Career Planning Portfolio' interface. At the top, there are navigation links: Home, My Career Planning Portfolio, and Log out. Below this is a 'Quick Links' menu with options: My Plan, Who am I?, Where am I going?, How do I get there?, and What am I doing?. The 'Who am I?' section is active. It contains the following content:

- Who am I?**  
In this step, you find out about your strengths, talents, and interests. You also find occupations that might use your strengths, talents, and interests.
- 1. Thinking about Me.**  
Name the things you are good at, the things you enjoy, and the things that make you special.  
Type your ideas in these reflections:  
  - My strengths, talents, and interests...
  - Careers that might use my strengths, talents, and interests.
- 2. My Career Cluster Inventory**  
Discover new things about yourself. There will be many clusters of occupations for you to explore when you finish.  
Type your ideas in these reflections:  
  - What I learned from the career assessments I used...
  - My Favorite Clusters...
- Next Steps**
  - Talk to your family, teachers, and friends about your strengths, talents, and interests.
  - Review and update your reflections. [Link to View My Plan]
  - Go to the next step where you will be able to set your own goals. Where am I going?

On the right side, there is a box titled 'You can also do these activities.' containing links to: My Qualities for Success, My Learning Styles, and Things I like to do.

This is a smaller version of the interface shown in the screenshot above, enclosed in a rectangular border. It highlights the 'My Plan' link in the navigation menu with a circle and the number '1' next to it.

Click the **Insert Today's Date** button. This will put the date in the box.

Enter what you wrote on page 3 in the boxes on the screen. This is your **MY PLAN** reflection. You can change your words and add information if you want. Check the circle below when you have finished.

Click on the **Save Information** button when you are done. You must save your reflection using the **Save Information** button—or it will be lost.

I started **MY PLAN**. This is my personal plan with my thoughts and ideas.

**YOUR SIGNATURE:** \_\_\_\_\_

**REVIEWED BY:** \_\_\_\_\_