

Career Education 10
Substantial Assignment

Name: _____ Date: _____ Score: _____ /35

Who am I?

Do you know who you are? Do you really know who you are and what makes you tick? Do you know why you respond to people, things and situations the way you do?

Everything we do, say or feel is based on who we are at the time it happens. Whether we respond positively or negatively depends on who we have become. Knowing who we are helps us understand how we respond to people in a particular way, or why we react the way we do in certain situations. This can prevent embarrassing responses, by allowing us to prepare for those situations in advance, offering a greater sense of control and self-awareness. Our emotions add a basis for how we respond, so we must be careful to not live by our emotions but, rather, by objective realities. In other words, to respond objectively rather than subjectively.

Take a moment now to fill in the following 'Who am I' chart. (5 marks)

Who am I?		
Dreams about my future	How do I React	Interests and Hobbies
Think about: your hopes, dreams, aspirations, long term goals	Think about: how you react to situations (stressful, happy, unknown, sad)	Think about: what you like doing in your spare time, what you are naturally good at
Personal Characteristics	Transferable Skills	Career Focus
Ex. cooperative, focused, goal-oriented	Ex. listening attentively, negotiating, problem solving	Think about: Are you naturally drawn to a specific career? Some careers that interest you and why

What Influences Who We Become?

Many things influence who we become as we proceed on our life's journey: for example, our parents, friends, teachers, the media, various role models, and our family's ethnic background, social class, or religious beliefs. Noticeable physical handicaps or a difficulty in understanding the language may also be a major influence.

Take a moment now to reflect on what has influenced your life journey. (5 marks)

How do I Discover Who I Am?

Take an inventory of who you are, what has influenced you, and how you have responded to people and situations in your life. Be aware that outside influences, and other people's expectations can impact how you do things and how you react in certain situations. Be certain in your mind that it is you who is speaking and reacting, rather than you following someone else's voice.

To explore more detail about who and what has contributed to who you are, speak to your parents/guardians and extended family. They can tell you about your family's history, where they are from, what their schooling was, what it was like growing up in their own family and in another time, and what they and/or their parents once did for a living. It is surprising how much you can learn about yourself from doing this and how much enjoyment your parents and relatives will have in telling you.

Values and beliefs are an integral part of who you are and how you function. They filter in what you experience, read and hear, as well as how you respond to people, situations, and life in general.

- **Beliefs** are what your values are based on. They are statements, principles, or doctrines that we choose to accept as true (although they may not be). Beliefs are assumptions we make about

ourselves, about others in the world and about how we expect things to be. It is placing confidence or trust in a person or thing.

- **Values** are the worth or importance we assign to things and ideas. Values impact the way we perceive things to be or the way we think people should behave. They are about how we have learned things ought to be.

Take some time now and make a list of things you believe in strongly and value greatly. (5 marks)

ASSIGNMENT: Who am I? (20 marks)

Create an artifact that outlines who you are including but not limited to: personality, characteristics, interests, skills, hobbies, lifestyle, dreams, beliefs, values. Also think about what has shaped you who you are: family, ethnic background, social class, education, religious beliefs, or privileges.

What does my artifact look like?

The way you choose to represent your artifact is a part of the ‘Who am I?’ assignment. You may choose to write an autobiographical essay, create a scrapbook, paint an image, outline your life as a timeline, write a song, perform a monologue, create a video essay, record a podcast, etc. Use your imagination and determine what will best represent who you are.