

**Subject:** Science

**Grade Levels:** 9-12

---

**National Career Guidelines:** Competency I  
Understanding the influence of a positive self-concept.

---

---

**Suggested Learner Outcomes:** 2.E  
The students will place an object, organism, or event into a classification system.

---

**Activities:**

Students will recognize strengths and abilities of self.

- Distribute SELF EVALUATION FORM.

\_\_\_ Have students fill out the SELF EVALUATION FORM according to how they see themselves. (Collect these forms.)

\_\_\_ Have students fill out another SELF EVALUATION FORM according to how they think others see them. (Collect these forms.)

\_\_\_ Have students fill out another SELF EVALUATION FORM according to how they would LIKE to be.

\_\_\_ Pass back the other two forms. Allow students time to look over the three forms.

\_\_\_ Have students form small groups and discuss insights from the activity.

\_\_\_ Keep SELF EVALUATION FORMS in students' files and use later.

**Evaluation:** Students will have completed the SELF EVALUATION FORMS which they have filled out from three different points of view, compared the similarities and differences and discussed insights they have gained.

---

**Materials/Supplies:**  
SELF EVALUATION FORMS, pens or pencils.

---

Lessons located in:  
Career Development Activities Mid High/High School CS1102

## SELF-EVALUATION FORM

Name \_\_\_\_\_

TRAIT	RATING				
	Very High	Above Average	Average	Below Average	Weak
1. Dependability					
2. Self Confidence					
3. Friendliness					
4. Cheerfulness					
5. Patience					
6. Ability to keep working under real difficulties					
7. Sense of humor					
8. Honesty					
9. Ability to make decisions quickly					
10. Responsibility					
11. Loyalty to those for whom you work					
12. Ability to sense others' feelings					
13. Sincerity					
14. Ambition to succeed on the job					
15. Courage to do the right thing even if you are alone					
16. Willingness to work hard					
17. Ability to cooperate with other people					
18. Ability to become enthusiastic about a job					
19. Willingness to consider others' viewpoints					
20. Initiative—being a self-starter					
21. Courtesy					
22. Ability to lead others					
23. Ability to work without supervision					
24. Promptness					
25. Orderliness					