

Subject

Health
Language Arts

Concept

Self-
Evaluation

Grade Level

6-7

**National
Career
Guidelines****Competency****I**

Knowledge of
the influence
of a positive
self-concept

**Type of
Activity**

Individual

**Related
Occupations**

All Careers

Rate Yourself

This activity is designed for the students to rate themselves on skills and personal attributes to determine areas of strength and weakness.

Material/Supplies

“Rate Yourself” handout, guest speaker, paper, pen/pencil

Activity

- Distribute the “Rate Yourself” handout.
- Ask each student to complete the handout.
- Lead a class discussion on strengths and weaknesses. Ask the students to discuss their strengths and weaknesses.
- Invite an employer from the community to come and speak with the class on the personal attributes he/she looks for when hiring.
- Have the students make a list of personal attributes which they have from the information given by the speaker.
- Ask the students to make a list of personal attributes which they do not have from the information given by the speaker.
- Have the students write a paragraph telling how they plan to develop those personal attributes.

Evaluation

Students will be evaluated on their completed handouts, lists of personal attributes and summary of how they will develop new attributes.