National Career Guidelines: Competency I
Knowledge of the importance of self-concept.

Suggested Learner Outcomes: 2.A
The student will express personal ideas and opinions on class discussions and simple reports (show and tell.)

Activities:
Using an interest list, students indicate what they like, what they don’t like, and what they would like to try.

- Distribute the CHECKING UP ON YOU worksheets.

___ Instruct the students to indicate as follows:

+ indicates things they like to do
- indicates things they do not like to do
? indicates things they would like to try

___ Have students count the number of +s, -s and ?s to see how many are:

* Active (explain)
* Passive (explain)
* Done alone
* Done in a group
* Indoors
* Outdoors

Evaluation: Students should be able to draw some conclusions about the kinds of activities they like. Share with class or record in written form—essay, poetry, etc.

Materials/Supplies:
CHECKING UP ON YOU worksheets, pencils.

Lessons located in Career Development Activities Elementary Level CS1100