Inventory of Me

The purpose of this activity is for the students to discuss possible career paths and goals based on their values.

Related Subject
Math, Health

Grade Level
High School

Concept
Self-Evaluation, Communication

Related Occupations
All Occupations

Type of Activity
Individual with small group activity

National Career Development Guidelines
Develop understanding of yourself and maintain a positive self-concept. (PS1)

Materials/Supplies
“Personal Inventory” worksheet, pen/pencil, paper

Activity
- Students will examine goals as they relate to lifestyles.
- Distribute the “Personal Inventory” worksheets.
- Ask students to fill out “Personal Inventory” worksheets.
- Form small groups and ask students to share worksheet responses.
- Discuss whether students see each other in the same way as they have answered the worksheet.
- Suggest possible occupations for each person’s #1 rank order choice.
- Compare students’ goals with what other students suggest.
- Create a report of the average ranking of each item on the “Personal Inventory” worksheet. Compare personal results with group averages.
- Place worksheets in student folders to be evaluated later.

Evaluation
Students will be evaluated on completed “Personal Inventory” worksheet and participation in group activity.
Personal Inventory

Name:__________________________________________________________________________

Rank the following in the order of importance to you: (With #1 being the most important)

_____Security
_____Wealth (money)
_____Independence (being your own boss)
_____Helping others
_____Power (authority or influence over others)
_____Recognition (being notice, feeling important)
_____Justice (fairness)
_____Knowledge
_____Beauty
_____Health
_____Environment

_____Other______________________________________________________________________

_____Other______________________________________________________________________

_____Other______________________________________________________________________