

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 noticed, feeling important)

_____ Justice (fairness)

_____ Knowledge

_____ Beauty

_____ Health

_____ Environment

_____ Other _____

_____ Other _____

_____ Other _____