



How am I unique?

I'm a Special Person

SUMMARY Students discuss the concept of personality to gain an understanding of their own. They learn about relationships and communication using the Johari Window.

OBJECTIVES *Students will . . .*

- Identify characteristics of their personality.

PREPARATION Review the Johari Window concept. Refer to the *Johari Window* overhead, and ask your school counselor for more information, if needed. You can also see this web site for an explanation of Johari Window:
http://www.noogenesis.com/game_theory/johari/johari_window.html
Make *Personal Characteristics* list and *Johari Window* into overheads
Photocopy *I'm A Special Person* and *How Others See Me* worksheets
Select personalities in Step 2 below as appropriate for your class
Optional: You may wish to amend the **Personal Characteristics** list to suit the reading level of your class

MATERIALS *I'm a Special Person* worksheet
How Others See Me worksheet
Personal Characteristics list and *Johari Window* into overheads

COMPUTER USE None

SUBJECT AREAS English, Social Studies, Health, Family and Consumer Science

TIME REQUIRED 90 minutes plus homework between sessions

GROUP SIZE Class, individual

STEPS

1. Discuss the concept of "personality," the unique mix of qualities, traits, attitudes, and behaviors that distinguish one individual from others, with the class.
2. Write the names of four or five well-known people on the chalkboard - for example, people currently in the news, from TV or movies, from sports, from history, from books read recently by the class. (Note: you may wish to consider people representing a broad spectrum of cultural diversity and both genders.)

continued

I'm a Special Person

1

DISCOVERY & PASSAGE

©2004 UNIVERSITY OF OREGON FOR THE OREGON CAREER INFORMATION SYSTEM

3. Ask questions about the people: “What kind of personality do they have?” “What makes them so different?” “What roles do they play?” Discuss the concept of “roles” as ways of behaving that we expect of someone - for example, as a mother or a gang member. Point out the differences between TV or movie roles and real-life roles.
4. Show the overhead of *Personality Characteristics*. Ask students to select those that best describe each of the personalities. Discuss. When students agree, record by putting the initials of the personality next to the characteristic. Additional characteristics may be added to the list.
5. Ask students to complete the *I'm a Special Person* worksheet by circling at least ten and preferably fifteen characteristics. Then ask them to identify their “Top Six” and to choose three that they will improve upon.
6. Show the *Johari Window* overhead and discuss the concepts with students. Talk about how much they revealed about themselves when completing the *I'm a Special Person* worksheet.
7. As a homework assignment have students ask a parent, guardian or adult friend to complete the *How Others See Me* worksheet. Bring this completed worksheet to the next class.
8. Ask students to compare how others see them with how they see themselves. Discuss what they learned.
9. Optional: Ask students to complete the Johari Window for themselves. Suggest they put the Johari Window in a sealed envelope for their teacher to return at the end of the year, or keep with portfolio documents.

VARIATIONS

1. Invite counselor to talk about the Johari Window, personality traits etc.

ALLIED ACTIVITIES

Thinking about Me
I Have Attitudes
Life Roles Rainbow
Life Map
Using CIS Occupation Sort
Job Search
Where Am I Going?

ASSESSMENT STRATEGIES

Students will:

- Complete the *I'm a Special Person* and *How Others See Me* worksheets

STUDENT WORKSHEETS

I'm a Special Person
How Others See Me



continued

I'm a Special Person

2

DISCOVERY & PASSAGE

©2004 UNIVERSITY OF OREGON FOR THE OREGON CAREER INFORMATION SYSTEM

OVERHEADS



Personal Characteristics

Johari Window

PORTFOLIO

I'm a Special Person worksheet

How Others See Me worksheet

SORTING

- ▶ **Subject:** English, Health Education, Social Science, Guidance
- ▶ **Grade Levels:** 7, 8, 9
- ▶ **CIS Components:** None

STANDARDS

Career-Related Learning Standards:

Career Development, Communications

SCANS:

Interpersonal, Personal Qualities

NCDG:

Knowledge of the influence of positive self-concept, Skills to interact positively with others

ASCA:

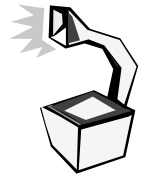
Career Development, Personal and Social Development

EDUCATIONAL GOALS

Bloom's Taxonomy: Comprehension

Intellectual Operation: Reiteration, Summarization

Personality Characteristics



Adventurous	Friendly	Quiet
Aggressive	Good Listener	Reliable
Artistic	Happy with Self	Responsible
Assertive	Honest	Self-confident
Capable	Independent	Self-disciplined
Caring	Kind	Self-starter
Cautious	Leader	Sense of Humor
Compassionate	Logical	Sensitive
Creative	Optimistic	Serious
Decisive	Organized	Sincere
Determined	Outgoing	Strong
Empathetic	Patient	Tolerant
Energetic	Proud	Trusting
Follower		Warm

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I'm a Special Person



Name _____ Date _____

You're special!

How? Circle at least 10 and up to 15 characteristics that reflect the kind of person YOU think you are:

Adventurous	Empathetic	Logical	Self-disciplined
Aggressive	Energetic	Optimistic	Self-starter
Artistic	Follower	Organized	Sense of Humor
Assertive	Friendly	Outgoing	Sensitive
Capable	Good Listener	Patient	Serious
Caring	Happy with Self	Proud	Sincere
Cautious	Honest	Quiet	Strong
Compassionate	Independent	Reliable	Tolerant
Creative	Kind	Responsible	Trusting
Decisive	Leader	Self-confident	Warm
Determined			
_____	_____	_____	_____
_____	_____	_____	_____

Which are your "Top Six" or favorites?

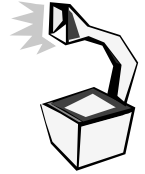
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Which 3 characteristics will you improve upon during this school year?

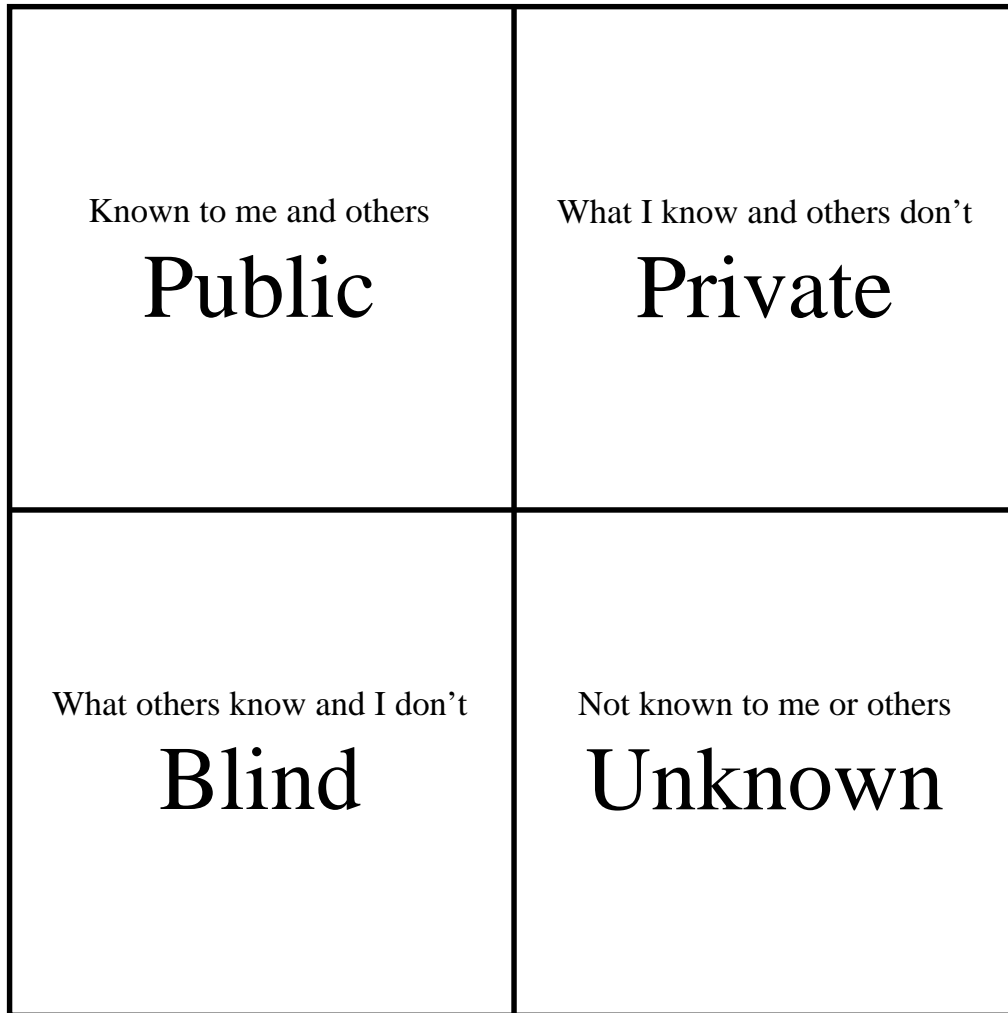
1. _____
2. _____
3. _____

You're unique!

Your uniqueness is your most important asset. You give meaning to the everyday things you do by being the kind of person you are. The world of your family and friends is a different place simply because you exist and influence them in countless ways.



The Johari Window



source: www.noogenesis.com/game_theory/johari/johari_window.html



How Others See Me

Name _____ Date _____

Choose the terms from the following list that describe the kind of person you think _____ is. Circle the appropriate characteristics:

Adventurous	Empathetic	Logical	Self-disciplined
Aggressive	Energetic	Optimistic	Self-starter
Artistic	Follower	Organized	Sense of Humor
Assertive	Friendly	Outgoing	Sensitive
Capable	Good Listener	Patient	Serious
Caring	Happy with Self	Proud	Sincere
Cautious	Honest	Quiet	Strong
Compassionate	Independent	Reliable	Tolerant
Creative	Kind	Responsible	Trusting
Decisive	Leader	Self-confident	Warm
Determined			
_____	_____	_____	_____
_____	_____	_____	_____

Comments:

Source (circle one): Parent Guardian Adult Friend

Other: _____

I'm a Special Person

7

DISCOVERY & PASSAGE

©2004 UNIVERSITY OF OREGON FOR THE OREGON CAREER INFORMATION SYSTEM