

NAME _____

DATE _____

YEAR IN SCHOOL _____



THINKING ABOUT ME

This worksheet can help you name the things you are good at, the things you enjoy, and the things that make you special. These are called strengths, talents, and interests. You can use your strengths, talents, and interests in school and in the world of work.

Complete this information as fully as you can. Be honest about your answers. Your answers will help you learn about yourself.

PERSONAL INFORMATION

My birth date _____

My birthplace _____

My age _____

My family includes _____

Special features of my family are _____

In addition to my family, the adults who help me are _____

My responsibilities at home include _____

SCHOOL WORK

Subjects I enjoy most are _____

Subjects I am best at are _____

The type of work at school that I like best is _____

HOBBIES AND INTERESTS

When I'm not at school I like to _____

I like these because _____

WORK EXPERIENCE (AT SCHOOL, AT HOME, VOLUNTEER WORK, OR PAID WORK)

I have worked as _____

I like to work when _____

I don't like to work when _____

MY SPECIAL QUALITIES

Five things I really like about myself are:

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



Other people like my ability to _____

My greatest achievement so far is _____

My vision or dream is to _____

MY PLAN

Now you will begin your very own plan. **MY PLAN** is where you can save information that is important to you. **MY PLAN** is your career and education plan. You create **MY PLAN** by reflecting on what is important to you.

Reflections are the thoughts you have after thinking about something. There are 13 reflections in **MY PLAN**. You will write two reflections for **MY PLAN** in this activity.

REFLECTIONS

Look at your answers on pages 1 and 2, and think about what you are good at and what you like. Write your most important interests and strengths in the box below.

MY STRENGTHS, TALENTS, AND INTERESTS...

I most like to _____

I am particularly good at _____

You know a lot about yourself. Think about what careers might use your strengths, talents, and interests. Write the names of those careers here.

CAREERS THAT MIGHT USE MY STRENGTHS, TALENTS, AND INTERESTS...

CREATING MY PLAN IN CIS

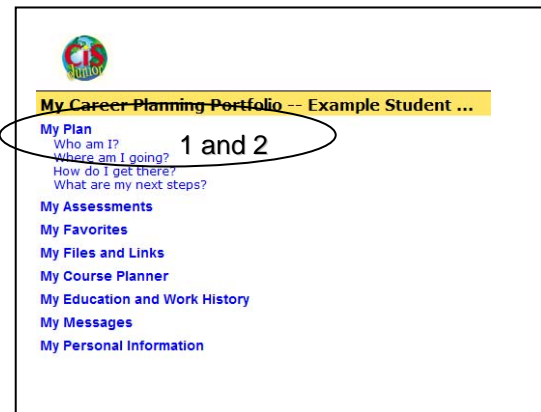
You can save your plan in CIS. You will be able to change and update your plan at any time. If you want, you will be able to review what you write now—in middle school—and when you are in high school.

Open your personal portfolio in CIS. It will take you three clicks to get to the reflection boxes for **Thinking about Me**.

Click #1: My Plan

Click #2: Who Am I?

Click #3: **2. Thinking about Me** (Activities with reflections will have numbers in front of them.)



Click the **Insert Today's Date** button. This will put the date in the box.

Enter what you wrote on page 3 in the boxes on the screen. This is your **MY PLAN** reflection. You can change your words and add information if you want. Check the circle below when you have finished.

Click on the **Save Information** button when you are done. You must save your reflection using the **Save Information** button—or it will be lost.

I started **MY PLAN**. This is my personal plan with my thoughts and ideas.

YOUR SIGNATURE: _____

REVIEWED BY: _____