

Self Awareness (Who Am I) Lesson Plan

Concept:

Understanding the role of **self-assessment** in career planning

Student learning associated with this concept can support achievement of provincial learning outcomes:

NB 3

NL 1, 2, 3, 4

NS 1, 2, 5, 10

PEI 1, 2

Rationale:

Whether searching for a part time job or exploring future career opportunities, it is important for students to take inventory of and reflect on their interests, personality, learning styles, knowledge and motivations (myBlueprint). By completing a variety of self-assessments that allow them to reflect on who they are in relation to their goals and career aspirations, students will be better positioned to make an informed decision about where they see themselves during and after completion of high school. It is also important for students to understand that no “one” self-assessment tool will be able to help them find the answers they may be looking for and that inventories should be repeated and taken at different points in time. Their lived experiences help them learn, develop skills and clarify priorities and may result in changes to inventory findings as well as their goals. Teachers can also encourage students to share the results of self-assessments with family members or other individuals who may be a career influencer and can support them in their career exploration.

Inquiry Based Question Related to Concept and Student Learning:

How can self-assessments inform the career planning process?

Teachers should register students for a myBlueprint account to support learning associated with this lesson.

Teachers can support student learning through the facilitation of the following lesson; the delivery of this lesson may require a number of class time periods:

- Students can engage in a whole class discussion on why self-assessment is an important first step in the Career Exploration process.
- Students can engage in a jigsaw activity related to the different types of inventories they can complete as part of the self-assessment process. Students can access information on the different types of self-assessments found on myBlueprint. Students can also investigate different types of assessments that may be found in [career exploration toolkits](#) found on their provincial government websites or the federal government website. Working in small groups, students can analyse the types of information collected through each of the inventories and determine why that information would be significant in the career exploration process. Through the analysis process, students show they can gather and select appropriate information; reflect on accuracy, validity, and, importance, of the information. Each group can share their findings on what they have learned as part of their investigations with the whole class.
- Students can complete the self-assessment inventories found in the Who Am I series of myBlueprint. Students can also complete provincial or federal government self-assessments. Students can reflect on the results of the inventories. When students reflect they are demonstrating their ability to examine and consider ideas, formulate ideas, perceptions, and perspectives based on content and/or experiences.

Suggestions for collecting Evidence of Learning and Assessment:

- Teachers can share their observations with students of their learning during the small group activity and/ or large class discussion. Observations enable teachers to provide students with timely and meaningful feedback related to achievement of the learning goals. Feedback starters may include:
 - Tell me more about...
 - I was wondering if...
 - I think your examples were...
- Students can upload self-assessment inventories and reflections to a labour market/ career portfolio in myBlueprint. Teachers can provide guiding questions to assist students in the reflective process. Reflection questions may include:
 - What was the most significant discovery related to your inventory findings and why?
 - What was the one thing you learned about yourself that was surprising and why?
 - How could you use what you've learned about yourself in planning for your future?

- Students can create a blog that documents their learning associated with their career exploration. In their blog, students may wish to comment on their inventories, other learning and experiences throughout their career education course or cross-curricular opportunities.

Teachers can access resources to support delivery of this lesson in the Resources/ Teaching Strategy Folder.

This lesson presents an opportunity for teachers to collaborate in supporting student learning about the role of self-assessments in career planning. In addition to Career Education courses, teachers can consider how students are able to meet cross curricular learning outcomes in other courses such as English/ French Language Arts, Multimedia, Social Studies etc. This will help students better understand the why and relevance of what they are learning.