

RESOURCES

ACTIVITY SHEET GETTING TO KNOW MYSELF

Part 1. My Personal Strengths and Interests.

Given the following list of statements, respond by indicating whether each statement is “like me” or “unlike me.” Place an “X” in the appropriate column.

	Like Me	Unlike Me
I am shy.		
I am dependable.		
I am easy to like.		
I often worry		
I make up my mind easily.		
I like to talk in front of the class.		
I get upset easily.		
I often get discouraged at school.		
I am proud of my schoolwork.		
I am popular with my peers.		
My parents usually consider my feelings.		
I usually succeed in most things.		
My peers often pick on me.		
My parents expect too much of me.		
I am often proud of myself.		
I like to be alone.		
I would like to do better in school.		
At home, people often ignore me.		
I like to be called on in school.		
I am easy to persuade.		
I like to lead the group.		

Part 2. My Areas of Interest and Strength in School.

Given the following list of statements, respond by indicating whether each statement is “like me” or “unlike me.” Place an “X” in the appropriate column.

	Like Me	Unlike Me
I do well in reading.		
I like math.		
I do well in math.		
I like physical education.		
I do well in physical education.		
I like science.		
I do well in science.		
I like grammar and language arts.		

I do well in grammar and language arts.		
I like social studies (history and geography).		
I do well in social studies (history and geography).		
I like computers.		
I work well on computers.		
I like health.		
I do well in health.		
I like art.		
I do well in art		
I like music.		
I do well in music.		

Summary:

1. My personal interests and strengths are:

2. My interests and strengths in school are:

3. Something I am proud of myself for being able to do well is:

4. Something I wish I could do better is:

5. Something I want to accomplish in the next year is:

6. Something I want to accomplish before I graduate from high school is: