

Assessing Self

In a task as mundane as grocery shopping, the shopper takes a mental inventory of what he or she has at home and thinks about what is needed for the upcoming week. Why, then, when making career choices, wouldn't a job seeker take "inventory" of skills, interests, strengths, personality, values, and ambitions?

Gathering information for this inventory can look different but the goal is the same - to assess oneself before beginning the job seeking process.

Lesson: Self Awareness - Traitify

The *purpose* of this lesson is to use an online self-assessment tool (Traitify) to analyze a job seekers' preferences. The seeker will respond "me" or "not me" to a series of pictures designed to elicit his/her interests. These interests are grouped into seven personality types. The results can form the basis of further discussion and research into possible career interests.

Standards Alignment

North Carolina Essential Standards Guidance RED.CR.1 Understand the meaning and importance of career self-awareness and career goals.

North Carolina Professional Career Development Coordinator Standards

Standard III: Career development coordinators understand and facilitate the implementation of a comprehensive career development program.

North Carolina Essential Standards Grades 9-12, Information and Technology Essential Standards

HS.TT.1 Use technology and other resources for assigned tasks.

HS.TT.1.1 Use appropriate technology tools and other resources to access information (multi-database search engines, online primary resources, virtual interviews with content experts).

NC Community College System College and Career Readiness Adult Content Standards

T.6 The student will demonstrate an ability to utilize Internet and other telecommunication resources.

Workforce Development Standards

20 CFR Parts 676, 677, and 678: Workforce Innovation and Opportunity Act is designed to help job seekers access employment, education, training, and support services to succeed in the labor market and to match employers with the skilled workers they need to compete in the global economy. Programs are based on eligibility.

Student Objectives

At the close of the lesson, learners will be able to say...

I can

- answer questions about my interests and begin a discussion on career choices.
- analyze the accuracy of the results of a self-assessment.

Materials Needed

- Computer with internet access
- Log in information to Traitify (see below)
- [Traitify Self Discovery Guide: *Unleash Your Personality*](#)
- Pens or pencils

Delivery Suggestions

The suggested *time* for the following lesson is 45 minutes depending on group size and technology access.

The following lesson is appropriate for

- middle school students.
- high school students.
- adult learners.

Instructions

1. State purpose of session and post within the room for reference. (above)
2. Share the “I can” statements and post within the room for reference. (above)

You may wish to share the steps below in printed format with job seekers, as you walk them through the following.

3. Turn on computer and log on to network, if not already accessed.
4. Go to <https://nencpathways.traitify>.
5. Complete and submit Traitify registration information.
6. Complete [Me] or [Not Me] assessment.
7. Once Traitify processes results, do not click on [View Your Career Matches].
8. Scroll down Careers Assessment Results page to review results; share and discuss personality results with a neighbor. Be prepared to introduce yourself (name and Traitify personality blend) to the group.
9. Use [Traitify Self Discovery Guide: Unleash Your Personality](#) to record notes; stop at "Explore Career Paths" section
10. Reflect on the "I can" statements, asking learners to give a "thumbs up" or "thumbs down" if they feel the objective was met.
11. *Next Steps:* Job Seekers can speak more with counselors about their findings and/or research careers based on findings. Job seekers can click on View Your Career Matches to see which careers best match their personalities.

*Not a Traitify administrator? Contact Brandi Bragg (brandi.bragg@ncommerce.com) to sign up.