

School Counseling with Ms. Lloyd

College/Career - Lesson 1:
Discovering Our Strengths

Agenda

- Careers
- Strengths
- The Color Activity
- Discussion
- Wrap Up





Discovering Our Strengths



Objectives

I will...

- Think about my strengths as a person
- Do an activity to learn my personality type (color)
- Explore some possible careers based on my strengths

Why?

- Learning about our strengths will help us identify some careers we may be interested in

Standard: Identify long- and short-term academic and career goals



Careers



What is a career?

Career: a profession...

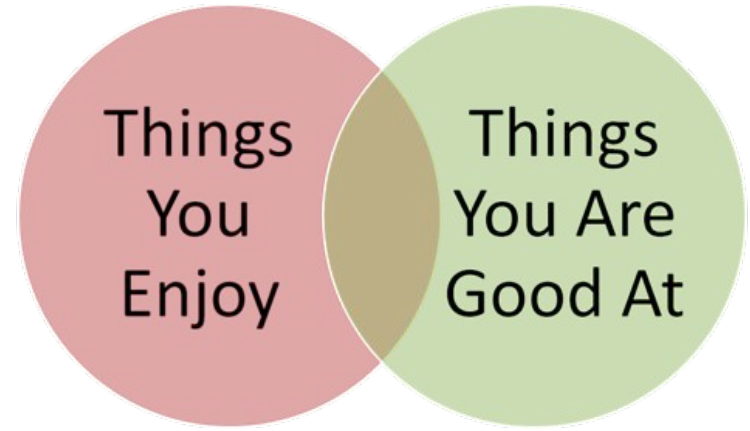
- requiring special training or education
- that a person does for a long time
- and that has opportunities for progress

Partner share: What is a career idea that you think you might be interested in? Why are you interested in that career?

Strengths

What is a strength?

- A strength is something that a person is good at and enjoys
- Everyone has their own unique strengths
- No strengths are better or worse than others



Everyone is different,
that is what makes you so
Special!

Strengths

Partner share: What are 1-2 of your strengths?



STRENGTHS

- Knowledgeable
- Healthy
- Enthusiastic
- Adaptable
- Organized
- Articulate
- Competitive
- Considerate
- Observant
- Careful
- Imaginative
- Practical
- Persistent
- Focused
- Cooperative
- Creative
- Trustworthy
- Honest
- Artistic
- Sympathetic
- Cheerful
- Intelligent
- Unbiased
- Open minded
- Optimistic
- Responsible
- Self-confident
- Friendly
- Balanced
- Energetic
- Witty
- Courageous
- Skilled
- Persuasive
- Computer savvy



The Color Activity!

The Color Activity

- A personality activity to discover our strengths
 - Based on the Myers-Briggs 16 Personalities Test
- Asks about your interests and habits
- There are no right or wrong answers!!!

**THIS
IS NOT A
TEST**

How to Do the Color Activity

- Read each sentence and pick the answer that **best** fits you
 - You can only pick one!
- At the end of each part, total up your results for each letter
- Write the “winning letter”
- Write your winning letter at the top
- Do all 4 parts and repeat
- Wait :)

The Color Activity: ____ _ _ _ _

Part 1

1. When I spend time with my friends, I...

<input type="checkbox"/> talk more than I listen (E)	<input type="checkbox"/> listen more than I talk (I)
--	--

2. When I make a decision, I...

<input type="checkbox"/> act first, then think about it (E)	<input type="checkbox"/> think about it first, then act (I)
---	---

3. When I am in a group, I...

<input type="checkbox"/> like to be the leader (E)	<input type="checkbox"/> like to sit back and observe (I)
--	---

4. I would describe myself as...

<input type="checkbox"/> outgoing and enthusiastic (E)	<input type="checkbox"/> quiet and calm (I)
--	---

5. I prefer to...

<input type="checkbox"/> do lots of things at once (E)	<input type="checkbox"/> focus on one thing at a time (I)
--	---

Results: ____ (E) ____ (I) **Winning Letter:** ____

Hand out Color Activity!

How to Find Your Results

- Write your 4 winning letters at the top
- Find your combination of 4 letters
- Circle your “type” and your color

Results

E <small>Part 1</small>	S <small>Part 2</small>	F <small>Part 3</small>	J <small>Part 4</small>
Red (Artist) <ul style="list-style-type: none">• ISFP (“The Composer”)• ESFP (“The Performer”)• ISTP (“The Crafter”)• ESTP (“The Promoter”)		Yellow (Guardian) <ul style="list-style-type: none">• ISTJ (“The Inspector”)• ESTJ (“The Supervisor”)• ISFJ (“The Protector”)• ESFJ (“The Provider”)	
Blue (Inventor) <ul style="list-style-type: none">• INTP (“The Thinker”)• ENTP (“The Inventor”)• INTJ (“The Mastermind”)• ENTJ (“The Leader”)		Green (Healer) <ul style="list-style-type: none">• INFP (“The Healer”)• ENFP (“The Champion”)• INFJ (“The Counselor”)• ENFJ (“The Giver”)	

Hand out Results cover sheet

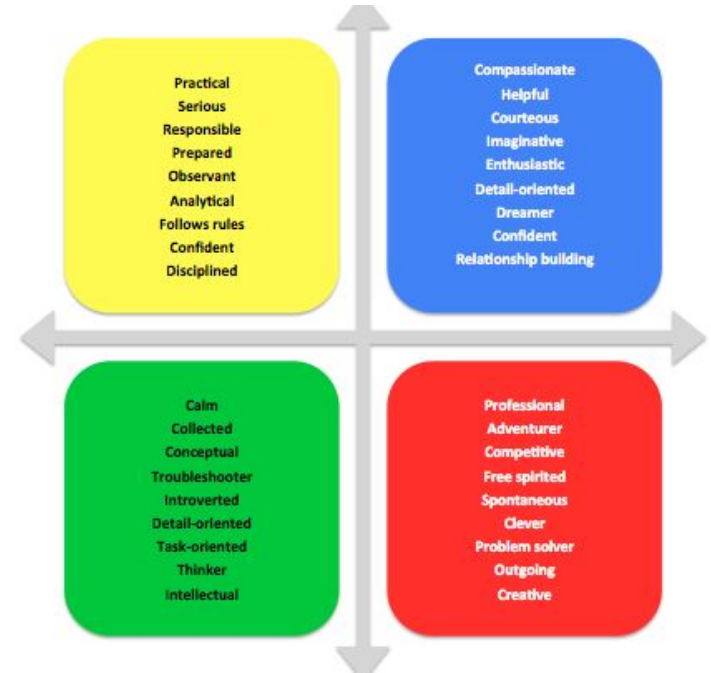
Color Activity Results

Partner share:

- What is your color?
- What is your “type”?

Example:

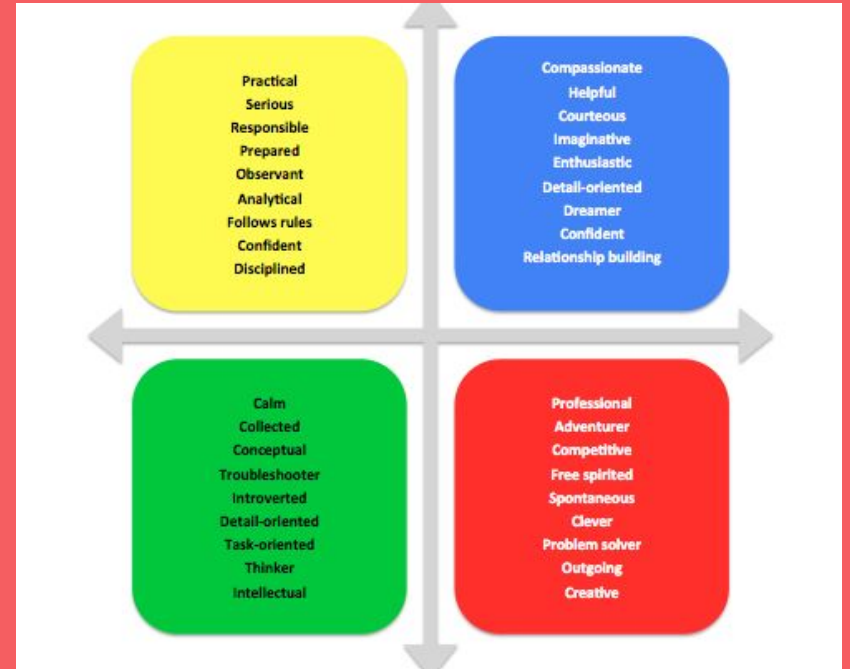
- ESFJ “The Provider”
- yellow



Reminders

- This activity is just one way to start thinking about your strengths
- You have other strengths than just these!
- You may be interested in a career that isn't exactly in your “color”
 - Like me!! :)

Color Groups!





Red - “Artist”

- Live in the present rather than worrying about the future
- Like step-by-step directions
- Notice details and remember facts
- Playful
- Flexible and adaptable



Possible careers: musician, photographer, sales representative, computer programmer



Blue - “Inventor”

- Focus on the big picture / future
- Like to learn new things
- Rational
- Set goals
- Strong-willed

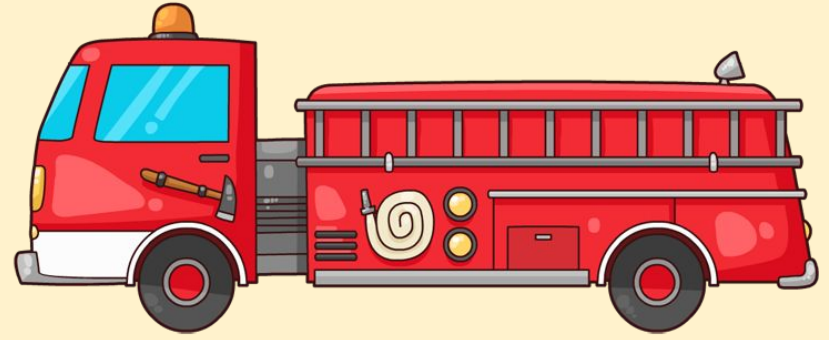
Possible careers: architect, inventor, scientist, mechanic, engineer, computer programmer



Yellow - “Guardian”

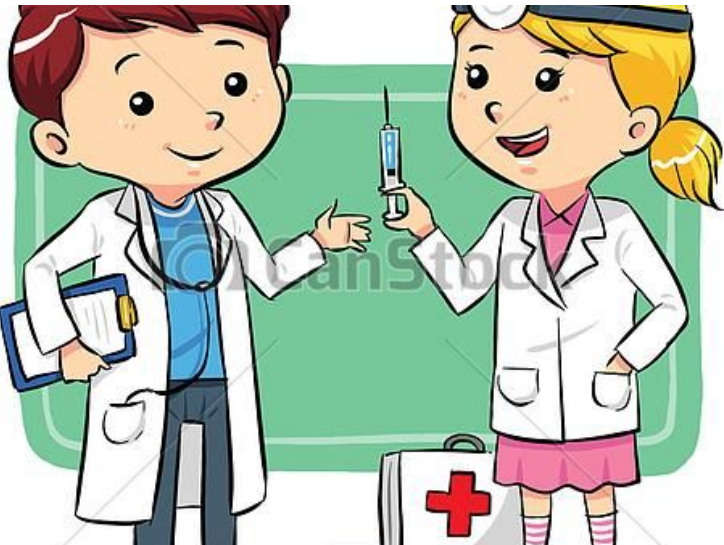
- Cooperative
- Reliable
- Do good deeds
- Like a sense of security
- Good communicator

Possible careers: police officer, firefighter, military leader, coach, child care provider, forest ranger





phi



Green - “Healer”

- Good communicator
- Cooperative
- Empathetic / care for other people
- Authentic / honest
- Work well with others

Possible careers: counselor, teacher, doctor, writer, politician, religious worker

Career Exploration

Find the page for your “color” and then find your “type”. Read through the careers listed.

What are 2+ careers that you might be interested in based on your color/type? Circle them.

RED: "Artist"

- Live in the present rather than worrying about the future
- Like step-by-step directions
- Notice details and remember facts
- Playful
- Like to play first, then work later
- Enjoy freedom
- Like to keep plans and schedules flexible
- Like to keep their options open
- Work at a steady pace

Possible Careers:

ISFP ("The Composer")

- Artist
- Musician
- Designer
- Child Care
- Social Worker
- Counselor
- Teacher
- Psychologist
- Veterinarian
- Forest Ranger
- Pediatrician

ESFP ("The Performer")

- Artist
- Performer or Actor
- Sales Representative
- Counselor
- Social Work
- Child Care
- Fashion Designer
- Interior Decorator
- Consultant
- Photographer
- Athlete

ISTP ("The Crafter")

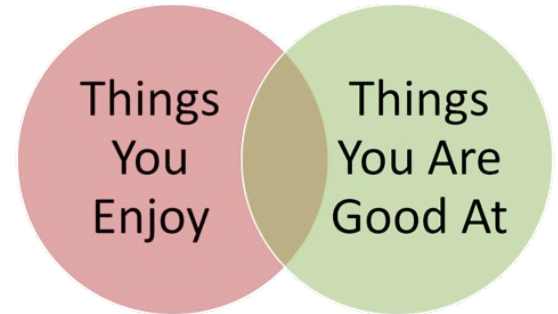
- Police Officer
- Detective
- Forensic Pathologist
- Computer Programmer
- Systems Analyst
- Engineer
- Construction
- Mechanic
- Farmer
- Pilot
- Athlete
- Entrepreneur

ESTP ("The Promoter")

- Facilitator
- Sales Representative
- Marketing Personnel
- Police / Detective Work
- Paramedic / Emergency Medical Technician
- PC Technicians or Network Cables
- Computer Technical Support
- Entrepreneurs
- Athlete

Career Exploration

Partner share: What are some new careers that you might be interested in that you hadn't considered before?



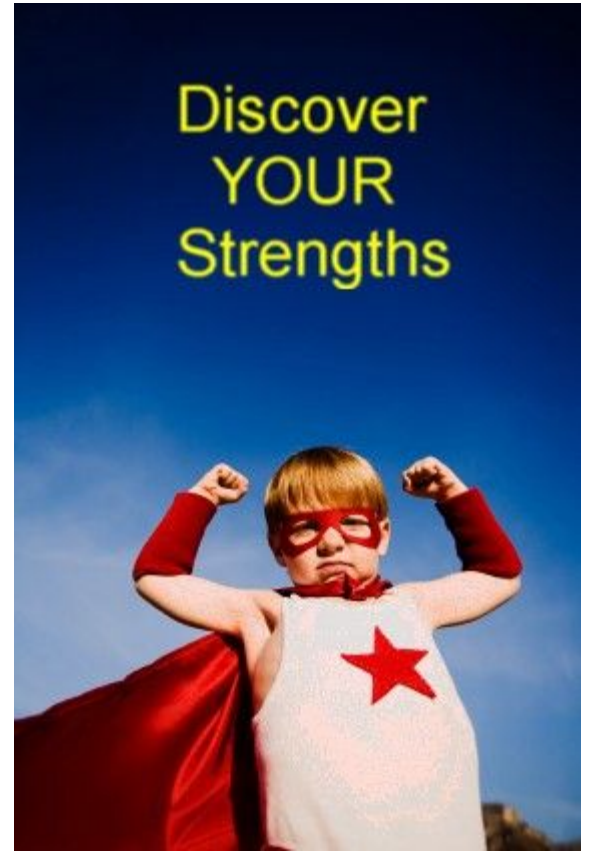


Wrap Up

Reflection

Why is it important to think about our strengths?

Partner share: Think about one time when knowing your strengths could help you in the next week.



Today We Learned About...

- Our strengths
- Our personality type (color)
- Careers that may fit our strengths

Uncover
your strengths,
Discover
your future





See You Next Week!

