

# I KNOW MYSELF

## SECONDARY VERSION

WHO AM I?	
What I like:	I don't like:
My strengths are...	My challenges are...
Three people I admire. I admire them because...	In my free time I like...
My interests are...	Five words that describe me:
Three things you should know about me:	I'm proud of myself because...
What makes me happy:	What bothers me:

## AT SCHOOL

My favorite things about school:	What I don't like about school:
The topic that interests me most is:	The issue that I find most difficult is:
At school, my favorite activity is...	Outside of school, my favorite activity is...
I prefer teachers who...	I would like to learn:
Do I prefer group or individual activities? Why?	School situations that stress me out:
I need these accommodations to be successful:	I would like to try these extracurricular activities:

## MY FUTURE

Which of the following statements best describes me:

- I'm sure of what I want to be when I finish school and I've even started making plans to get there.
- I'm really worried about what I'm going to do when I leave school and I'd like you to help me figure this out.

When I leave school, I would prefer:

- Study at university or college
- Study at a technical school or learning center.
- Work and receive on-the-job training

What would be my dream jobs? Why?

What jobs don't interest me at all? Why?

What work experiences have I had in school or out of school, paid or unpaid? Describe the tasks I have performed.

Have I made any plans to prepare for my life after school? If so, which ones?

I WOULD LIKE TO LEARN HOW TO:

At home:

To school:

In my community:

In my personal life: