

UNDERSTANDING YOURSELF

West Branch High School Career Based Intervention



SELF-AWARENESS

Self-Awareness

To know yourself.



- Your thoughts, feelings, and actions.
- When you know yourself you can make good decisions.
- Other people can make suggestions, but they should not be the ones that make the decision for you.



VALUES

Values

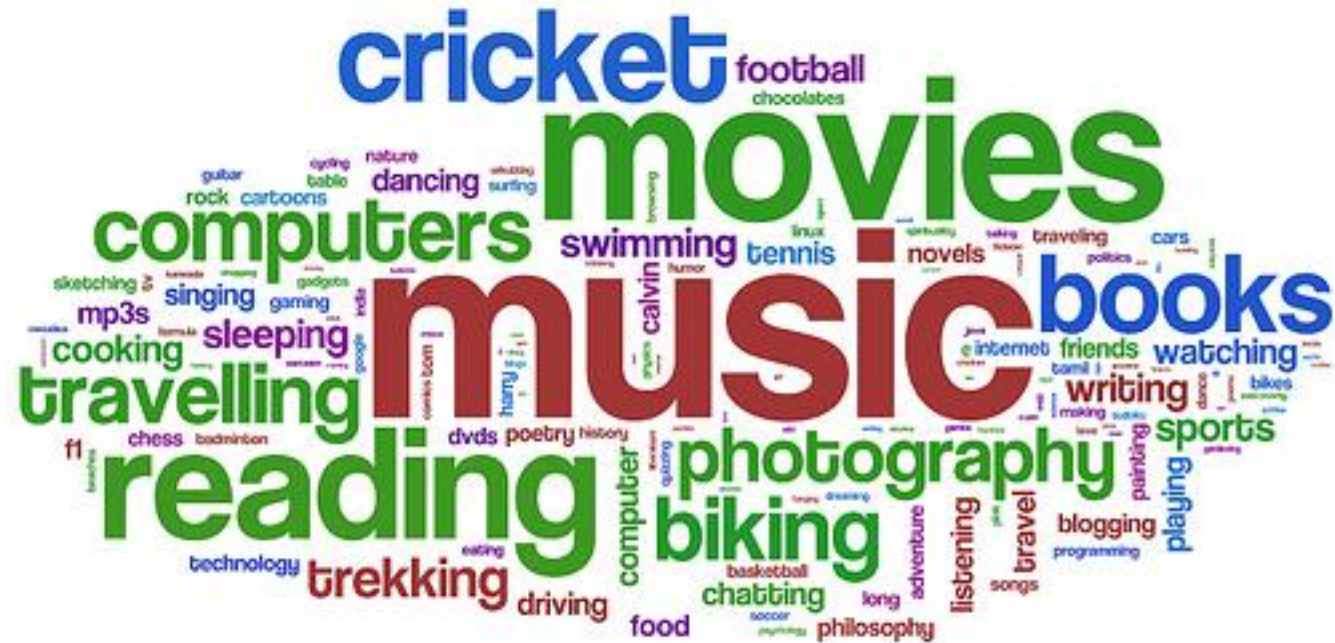
Things that are important
To you.



- Helping other people
- Being a part of a family
- Earning a lot of money
- Having good health



INTERESTS



Interests are things that you like to do.



SKILLS



Skills is the ability to do a specific task.



TWO KINDS OF SKILLS

Job Specific Skills

- Using a computer is a specific skill
- Welding is a specific skill
- Doctors have specific skills
- Plumbers
- Teachers

Transferable Skills

- Reading
- Writing
- Adding, subtracting, multiplying, dividing
- Listening
- Speaking
- Thinking logically
- Thinking creatively
- Making decisions
- Solving problems
- Picturing things in your mind



TALENTS



- Mental
- Physical
- Social

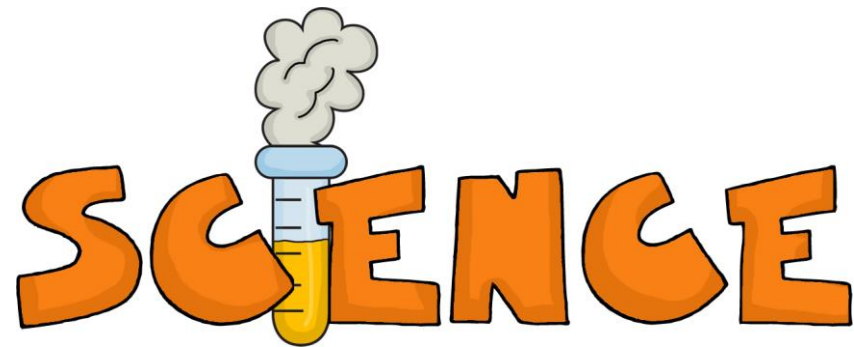
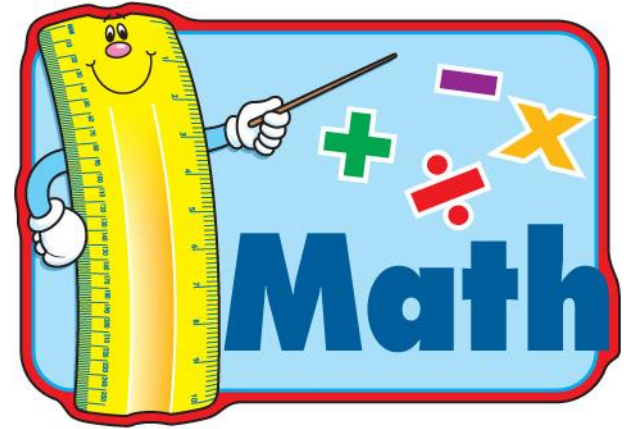
Talents are natural gifts.



MENTAL TALENTS



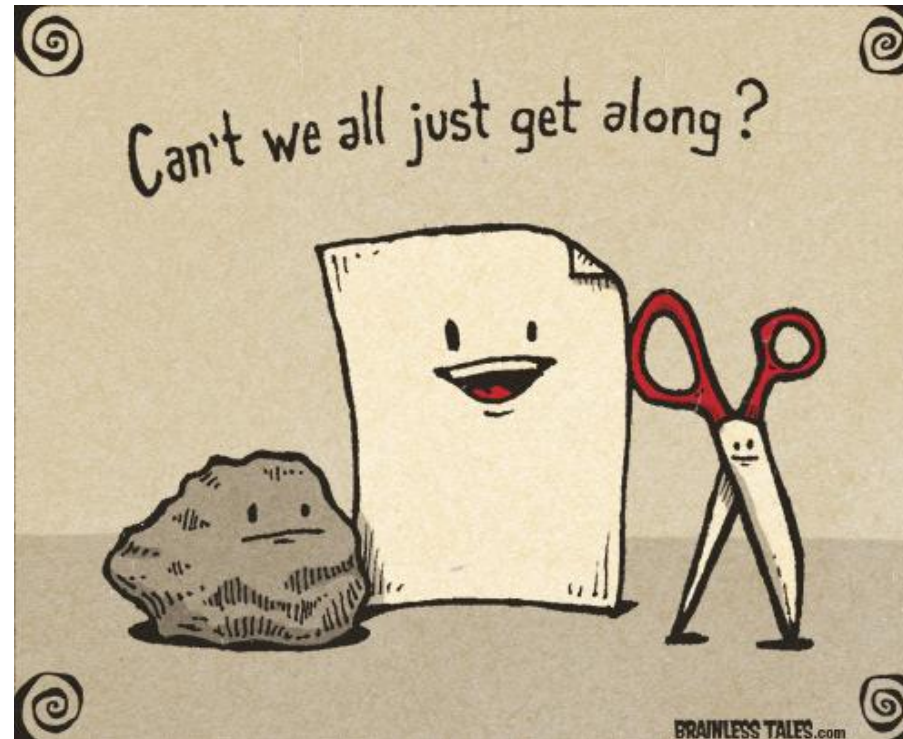
Other



PHYSICAL TALENTS



SOCIAL TALENTS



EXPERIENCES



Experiences are activities that you have tried.

