

PERSONALITY TRAITS, VALUES, AND GOALS

A. Write the number in the blank that corresponds with the word(s) below that fit each statement that best describes your personality.

- 1: NEVER
- 2: RARELY
- 3: SOMETIMES
- 4: MOST OF THE TIME
- 5: ALWAYS

- _____ A. I have a positive attitude about myself.
- _____ B. I have surrounded myself with good people and an environment which will allow me to succeed.
- _____ C. I get enough rest and take time to relax.
- _____ D. I show good morals such as being honest and obeying all rules.
- _____ E. I work hard to do the best job I can on everything.
- _____ F. I am quick to blame others when something goes wrong.
- _____ G. I get what I ask for at home.
- _____ H. I demonstrate respect toward my parent(s)/guardian(s), elders, teachers, and others that I meet.
- _____ I. I have supportive and caring parent(s)/guardian(s).
- _____ J. I am able to get along and work well with different types of people in a group.
- _____ K. I participate in class discussions and feel comfortable asking questions in class.
- _____ L. I am one who will come in before or after school to get help from my teachers when I need it.
- _____ M. If I can't figure something out, I will continue to try by myself until I can solve the problem.
- _____ N. I have good attendance at school except for missing for school activities.
- _____ O. It is more meaningful to have to work for something rather than to just be given something for nothing.
- _____ P. I accept constructive criticism and try to improve because of it.
- _____ Q. If I do poorly on something or do something of which I am not proud, I tell people.
- _____ R. If I miss a class, I am responsible on my own to get all things that I need to make up.
- _____ S. I am more of an independent person.
- _____ T. I am an organized person.
- _____ U. I am punctual (on time) with myself and with my materials.
- _____ V. I complete all assigned work on time whether it is graded or not graded.
- _____ W. I can show creativity in at least one form such as through writing, art, music, among others.
- _____ X. I show maturity and am appropriate in my behaviors.
- _____ Y. I am a procrastinator (put things off to the last minute).
- _____ Z. I listen and follow directions.
- _____ AA. I want to be challenged.
- _____ BB. I have a sense of humor.
- _____ CC. I make friends and keep friends easily.
- _____ DD. If I say I'm going to do something, then it will be done.
- _____ EE. I feel a strong connection to my school.

B. List ten of the most important things in your life (they do not have to be in order).

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Personal commitment to one's goals is essential in reaching them. For goals to be effective, the following must apply:

- ✓ Goals must be **specific** - clearly defined
- ✓ Goals must be **time-controlled** - starting and stopping time
- ✓ Goals must be **your own** - frustration often results when long-range goals are set to please others

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C. In each of your classes, set a learning goal that you believe you can achieve and maintain throughout the length of the course.

Learning Levels

- A - outstanding ability in learning
- B - above average learning
- C - average learning
- D - somewhat below average learning
- F - inadequate learning
- (*drop those courses in which you don't feel you have the tools to succeed)

<u>Course</u>	<u>Learning Level</u>

D. Identify at least three of your short-term school goals for the upcoming school year.

- 1.)
- 2.)
- 3.)

E. Not only are your school goals important, but your personal goals are as well. Identify at least three short-term personal goals that do not necessarily deal with school. We shall define short-term as from now through the month of May.

- 1.)
- 2.)
- 3.)

F. Now take a moment to reflect on the “big picture.” List at least three goals in each category.

Intermediate Goals (in one to five years):

- 1.)
- 2.)
- 3.)

Long-range Goals (five years or more):

- 1.)
- 2.)
- 3.)

G. With the future in mind, think of the following and fill in the needed information:

Today I am _____ years old. I plan on graduating from high school in _____ (year). After high school my plans are to _____.

In _____ (year) I will be 25. My occupation at the age of 25 will be as a _____. At 25, I will drive a(n) (type of vehicle) _____. I will live in (city, state or country) _____. My family at the age of 25 will consist of (family members: spouse?, children?, pets?)_____.

A description of the place that I will live in at age 25 is _____.

At 25, the activities I will enjoy for fun include_____.

H. ***Every day you leave your mark in this world.*** In one complete sentence beginning with “I am”, how do you want to be remembered each day and in later years by your teachers and peers as you go through your high school years and beyond? *Think hard...this sentence best describes who you really are.*

“I am _____.”