

Paper #1: “Who Am I?”- Instructions

Point of the Assignment: 1) To help students to develop their skills in synthesizing their learning. 2) To help students articulate what they have learned about themselves and how to use it in making education/career decisions. 3) To give students practice in writing academic papers.

Instructions

You are going to communicate what you have learned about yourself through three theories you have learned thus far. You can use **any combination of any of three theories** (*and from any combination of topics*) listed below and apply what you learned about yourself from these theories. You are encouraged to use the assignments that were personally most meaningful to you.

You will write a paper to answers the following questions:

1. **“Who Am I?”** (based on the theories used). *How do these theories help you to better understand yourself?*
2. **“What have I learned about myself from this?”** *What discoveries have you made as a result of learning these things about yourself?*
3. **“What types of jobs are best for me based on this information?”** *Based on what you have learned, identify characteristics of jobs or careers that would be suitable to you as a person. NOTE: **DO NOT LIST A SPECIFIC JOB TITLE** in this paper. You need to be more specific by **DESCRIBING** what the job should be like in order to fit you well. (See the sample paper for examples)*

Topic: Introduction	Managing Life’s Transitions
Homework Time Commitment	Common Sense (<i>Specify which topic used</i>)
Student Information Resources	Topic: Self Direction
Student Policies	Goal Setting Check-In
Long-Term Planner	Time Line
Topic: Understanding Learning	Setting Effective Goals
Learning Pyramid	Happenstance
Brain-Based Learning	Dream Chaser’s Journey
Wounded By School	Reaching Career Goals
Topic: Self Awareness	Rapidly-Changing World
True Self	Identifying Your Transferable Skills (<i>EC</i>)
Motivation	Discerning Seasons
Success	Covey’s Quadrants
Values Survey	Priority Clarification Exercise
Generational Values	Priorities – Goal Alignment
3 Sensory Learning Styles	Managing Finances (<i>EC</i>)
Multiple Intelligences	Boundaries
Maslow’s Hierarchy of Needs Theory	Five Love Languages
Culture, Education & Unspoken Expectations	Responsible Helper

Health & Wellness	Hidden Rules
Stress	Faculty Relations
Paradigm Shift	Puzzle Hunt
<p>Myers Briggs Type Indicator (MBTI):</p> <ul style="list-style-type: none"> • Keirsey <u>Temperaments</u> • <u>MBTI</u> 4-letter code • Jung’s <u>Dominant Functions</u> • <u>Decision Making Styles</u> <p><i>(Use any combination of these theories, but MBTI still only counts as one of the three theories for this paper theories.)</i></p>	<p>Any of the Time Management topics:</p> <ul style="list-style-type: none"> • Time – Choice Topic • Procrastination • Time – Final Project • Procrastination

This paper should be between three to five pages. It will be typed, double-spaced, in a standardized format such as MLA, APA, etc. It will have a title page and will be stapled in the left corner with NO FOLDER, BINDER OR ANY OTHER TYPE OF FANCY BINDER.

Note: Some students think they may get extra credit by creating fancy cover pages with graphics. It is important to learn that college papers are ALWAYS graded based on the quality of writing and that such graphics are usually unnecessary and won’t impact your final grade. The best way to ensure the best possible grade for this project is to just follow the instructions.

The text of the paper should be in the following format:

(Your paper will include the headers indicated here)

SECTION ONE: Who Am I?

Theory 1: _____ (*How does this theory describe you?*)

Give Examples

Theory 2: _____ (*How does this theory describe you?*)

Give Examples

Theory 3: _____ (*How does this theory describe you?*)

Give Examples

SECTION TWO: “What have I learned about myself from this?”

What has been the outcome of you learning to understand yourself better? Give examples.

SECTION THREE: “What types of educational options and jobs are best for me based on this information?” Be sure to give examples of BOTH education and job options.

Instead of giving actual major titles, describe **elements** of perfect educational experiences for you. You may use any combination of the following examples.

1. **Education** (What kind of educational experience would be best for you?)

- **Are you better suited to learning theoretical or realistic subjects?** (*Psychology, biology, political science, and communication vs. nursing, business, skilled trades, police or fire science, etc.*)
 - **How much time are you willing to devote to your education?** (*Need a short-term program of one year or less vs. willing to spend several years in college, etc., only willing to go as high as bachelor's degree, or willing to pursue advanced degrees such as a Masters or Ph.D.*)
 - **What type of teaching/learning style(s) should be emphasized when you pursue your education?** (*Do you learn better in a traditional classroom with lecture formatting, with hands-on activities such as electronics or welding; or in non-traditional learning formats, etc.?*)
 - **What kind of subject(s) should you consider studying?** (*What are your interests?*)
 - **What kind of learning environment is best for you?** (*Small, intimate community vs. large, impersonal school with good reputation and a lot of resources; state-supported school vs. private religious school; traditional culture and roles vs. supports freedom of expression; a school that caters to younger students vs. one that caters to older students, etc.*)
2. **Jobs:** What kinds of characteristics should you look for in a potential career?
(***DO NOT LIST A JOB TITLE! You need to go beyond your assumption of what you think a job may be like.***)
- **What kind of education, or training would this job require?** (*i.e. college education, professional licensing in the field, highly skilled, hands-on training, etc.*)
 - **What would be your ideal working environment?** (*i.e. Office, outdoors, fast-paced, slow-paced, hospital, church, restaurant, government, stable environment constantly changing, highly structured, or offers space for free expression, etc.*)
 - **What kind of goals or priorities should this job be pursuing** (*making money, efficiently producing products, keeping people healthy, educating children, improving peoples' lives, protecting the public, caring for the welfare of animals, protecting the environment, etc.*)
 - **What kind of people would you be working with** (*i.e. bosses, co-workers, customers/ clients/ students, etc.*) What will these people be like? (*Creative, responsible, thoughtful, traditional, moral, religious, hard-working, productive, law-abiding, open-minded, etc.*)
 - **What kind of values should your employing institution embrace** (*i.e. making money, saving lives, protecting the weak, being productive and hardworking, pursuing creativity, advancing knowledge, etc.*)
 - **What kind of skills should you need to use?** (*i.e. working with your hands, working with tools, strong interpersonal skills, an ability to empathize and/or relate to diverse groups of people, using your intellect, using your ability to*

