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STUDENT HANDOUTS

READING COMPREHENSION

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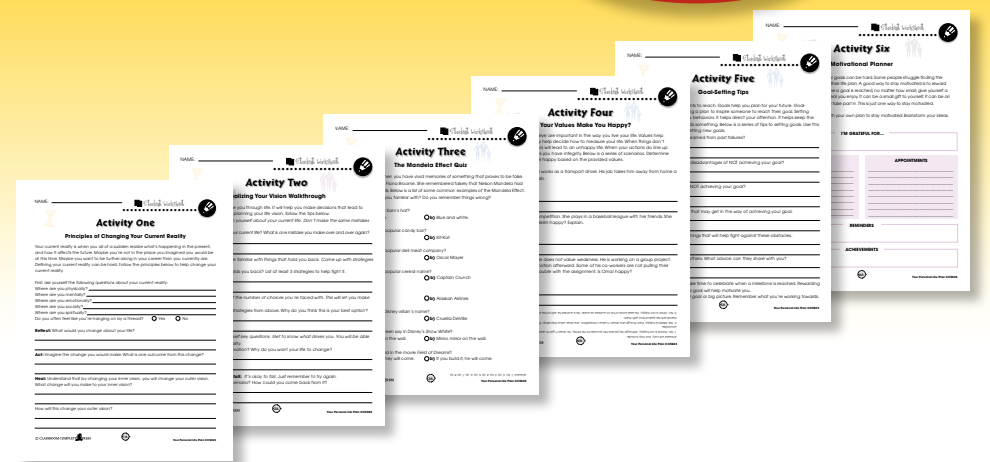
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Your Personal Identity

1. Xavier lives in Alaska. His family goes hunting regularly. They sell the meat and skins for a living. They have been doing this for generations. Xavier is looking forward to running the business when he gets older. What factors are affecting Xavier's identity?

2. Chidinma volunteered at an animal shelter during high school. She liked working with animals. She decided to go to veterinary college. She is hoping to get a job at the same animal shelter. What factors are affecting Chidinma's identity?



3. With a straight line, connect each word on the left with its meaning on the right.

1	identity	Being sure of yourself.	A
2	adapt	To continue or keep going.	B
3	confidence	How a person sees themselves.	C
4	persistence	Something that affects something else.	D
5	self-assessment	Changes based on circumstances.	E
6	factor	Getting to know yourself.	F



Your Personal Identity

The next step in creating a life plan is doing a **self-assessment**. This means getting to know yourself. To do this, you must make your own personal identity. **Personal identity** is how you see yourself as different from others. This can change as you go through life. It **adapts** to your life experiences. Your identity will answer the questions "who am I?" and "who will I become?"



Identity Traits:

- Interests
- Likes & Dislikes
- Talents & Abilities
- Values & Beliefs
- Goals

Identity is made by many **factors** in your life. Things like society and family. Like **ethnicity** and culture. Like environment and opportunities. Like media and interests. Like appearance, expression and experiences. Defining your personal identity helps you become a stronger person. You gain **confidence** in knowing your strengths and weaknesses.

Having a unique sense of self lets you stand out from your peers.

Get to know you! List some of your strengths and weaknesses below.

STRENGTHS	WEAKNESSES



Your Personal Identity

1. Put a checkmark (✓) next to the answer that is most correct.

a) What TWO questions does your identity answer? Choose 2.

- A Who am I?
- B Where am I going?
- C What am I?
- D Who will I become?

b) What factor does NOT impact your identity?

- A family
- B weather
- C culture
- D interests



2. Label each scenario as an example of the body theory or the memory theory.

a) Uzza once had a good experience with a police officer. Now she wants to work in security.

BODY THEORY

MEMORY THEORY

b) Ha-rin plays soccer for her college team. She has played soccer since she was very little.

BODY THEORY

MEMORY THEORY

c) Bruno cut his hand when he was little. Years later, he still has the scar.

BODY THEORY

MEMORY THEORY



Your Personal Identity

3. You read about the body theory and memory theory. Do some more research. Do you agree with either of these theories? Do you have your own theory about how identity is measured? Use examples from your own life to support your opinion.

Graphic Organizer

4. Use the graphic organizer on page 12 to map out your own personal identity.

There are 5 identity traits: interests, likes & dislikes, talents & abilities, values & beliefs, and goals. Interests include hobbies. Talents and abilities include strengths and weaknesses. Fill out the chart to present your own personal identity following these traits.

How Important Are Values to You?

Values are things you believe are important in the way you live your life. Values help decide your priorities. They help decide how to measure your life. They also differ from person to person. How do your values affect your life? Below is a list of values. Determine how important each are to you. Select very important, somewhat important, or not at all important for each value below.

Commitment (Ex: making a promise)

- Very Important Somewhat Important Not at All Important

Passion (Ex: feeling strongly)

- Very Important Somewhat Important Not at All Important

Dependability (Ex: to be trusted)

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Honesty (Ex: telling the truth)

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Loyalty (Ex: being faithful)

- Very Important Somewhat Important Not at All Important

Efficiency (Ex: not being wasteful)

- Very Important Somewhat Important Not at All Important

Reliability (Ex: to give support)

- Very Important Somewhat Important Not at All Important

Optimism (Ex: feeling hopeful and confident)

- Very Important Somewhat Important Not at All Important

Positivity (Ex: being happy and joyful)

- Very Important Somewhat Important Not at All Important

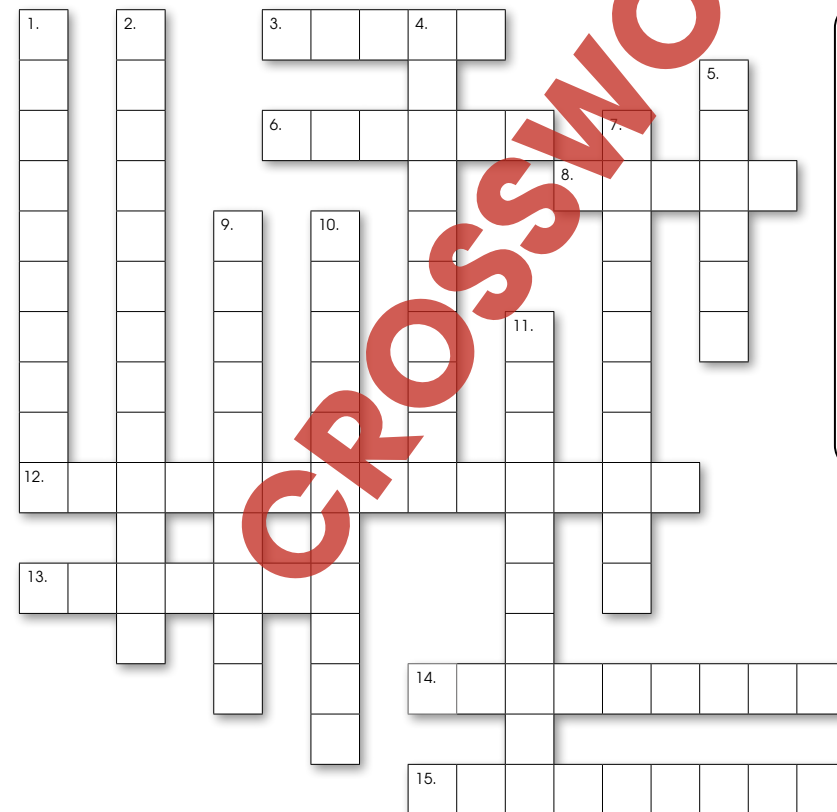
Crossword Puzzle!

Across

3. Being able to change to new conditions.
6. What you see your dream life to be.
8. Things you want to reach.
12. Looking at yourself.
13. This helps to organize things.
14. A detailed summary of something.
15. Having strong morals.

Down

1. Stop you from reaching your goal.
2. Being relied on.
4. The most important things.
5. Things that are important in the way you live your life.
7. Feeling sure about yourself.
9. Being excited to do something.
10. Never giving up.
11. Making a promise.



Word List

- adapt
- breakdown
- commitment
- confidence
- dependability
- goals
- integrity
- motivation
- outline
- persistence
- priorities
- roadblocks
- self-assessment
- values
- vision

Comprehension Quiz

Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) A successful life vision will balance all components equally.
- TRUE FALSE** b) Your identity will answer the questions "who am I?" and "who was I?"
- TRUE FALSE** c) When creating a life plan, put strengths and weaknesses in order of what's most important.
- TRUE FALSE** d) When your actions line up with your values, this shows you have integrity.
- TRUE FALSE** e) People who write down their goals have trouble reaching them.
- TRUE FALSE** f) You need a life plan if you find it easy to make decisions.

Part B

Put a checkmark (✓) next to the answer that is most correct.

- a) Which is NOT a way to get rid of roadblocks?
- A Find the root cause.
 - B Take action.
 - C Brainstorm solutions.
 - D Place blame on others.

- b) Which is NOT a type of value?
- A Character
 - B Financial
 - C Personal
 - D Work

Personal Values Checklist

- Adaptability
- Assertiveness
- Cleanliness
- Collaboration
- Commitment
- Courage
- Creativity
- Dependability
- Determination
- Discipline
- Efficiency
- Endurance
- Equality
- Equanimity
- Fairness
- Family
- Flexibility
- Frugality
- Generosity
- Gratitude
- Hard work
- Honesty
- Humanity
- Improvement
- Integrity
- Loyalty
- Open-mindedness
- Perseverance
- Personal growth
- Punctuality
- Resourcefulness
- Selflessness
- Self-reliance
- Self-respect
- Support
- Sustainability
- Teamwork
- Trust
- Uniqueness
- Well-being



Your Personal Identity

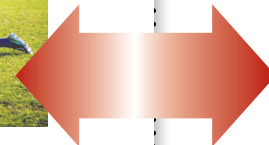
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BODY THEORY

MEMORY THEORY

c) Bruno cut his hand when he was little. Years later, he still has the scar.

BODY THEORY

MEMORY THEORY

1.

a) A, D

b) B

2.

a) Memory Theory

b) Body Theory

c) Body Theory

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EASY MARKING

ANSWER KEY





Your Personal Identity

The next step in creating a life plan is doing a **self-assessment**. This means getting to know yourself. To do this, you must make your own personal identity. **Personal identity** is how you see yourself as different from others. This can change as you go through life. It **adapts** to your life experiences. Your identity will answer the questions “who am I?” and “who will I become?”



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 Not at All Important

Personal Values Checklist



Adaptability

Assertiveness

Cleanliness

Collaboration

Commitment

Courage

Creativity

Dependability

Determination

Discipline

Efficiency

Endurance

Equality

Equanimity

Fairness

Family

Flexibility

Frugality

Generosity

Gratitude

Hard work

Honesty

Humanity

Improvement

Integrity

Loyalty

Open-mindedness

Perseverance

Personal growth

Punctuality

Resourcefulness

Selflessness

Self-reliance

Self-respect

Support

Sustainability

Teamwork

Trust

Uniqueness

Well-being