

Activities/ Resources for Outcomes

**Activities/
Resources
for
Outcome #3**

The Power of Positive Self-Talk

This review will help you apply the building block of self-esteem to your life and future career. Fill in each blank carefully and honestly. Be true to yourself.

My name is: _____

I am: _____, _____, _____

1. I am proud that

2. One thing I can do now that I couldn't do a few years ago is

3. Someone I admire is (_____)

Why? _____

4. In the last two weeks, which activities gave you:

the greatest feeling of being energized? _____

the greatest feeling of importance? _____

the greatest feeling of self-worth? _____

5. What have you always wanted to do in your life? What is keeping you from doing it? What action could you take in the next year to get closer to this goal?

Sukiennik, D., Bendat, W., & Raufman, L. (2010). *The Career Fitness Program: Exercising your Options*. (9th Ed.). Upper Saddle Ridge, NJ: Prentice Hall.

Which Type of Learner Are You?

LEFT (Analytic)	RIGHT (Global)
Successive Hemispheric Style	Simultaneous Hemispheric Style
1. Verbal	1. Visual
2. Responds to word meaning	2. Responds to tone of voice
3. Sequential	3. Random
4. Processes information linearly	4. Processes information in varied order
5. Responds to logic	5. Responds to emotion
6. Plans ahead	6. Impulsive
7. Recalls people's names	7. Recalls people's faces
8. Speaks with few gestures	8. Gestures when speaking
9. Punctual	9. Less punctual
10. Prefers formal study design	10. Prefers sound/music background while studying
11. Prefers bright lights while studying	11. Prefers frequent mobility while studying

What's Your Learning Style

For these questions, choose the first answer that comes to mind and check a,b, or c. Don't spend too much time thinking about any one question.

Question 1

When you study for a test, would you rather

- a) read notes, read headings in a book, and look at diagrams and illustrations.
- b) have someone ask you questions, or repeat facts silently to yourself.
- c) write things out on index cards and make models or diagrams.

Question 2

Which of these do you do when you listen to music?

- a) daydream (see things that go with the music)
- b) hum along
- c) move with the music, tap your foot, etc.

Question 3

When you work at solving a problem do you

- a) make a list, organize the steps, and check them off as they are done
- b) make a few phone calls and talk to friends or experts
- c) make a model of the problem or walk through all the steps in your mind

Question 4

When you read for fun, do you prefer

- a) a travel book with a lot of pictures in it
- b) a mystery book with a lot of conversation in it
- c) a book where you answer questions and solve problems

Question 5

To learn how a computer works, would you rather

- a) watch a movie about it
- b) listen to someone explain it
- c) take the computer apart and try to figure it out for yourself

Question 6

You have just entered a science museum, what will you do first?

- a) look around and find a map showing the locations of the various exhibits
- b) talk to a museum guide and ask about exhibits
- c) go into the first exhibit that looks interesting, and read directions later

Question 7

What kind of restaurant would you rather not go to?

- a) one with the lights too bright
- b) one with the music too loud
- c) one with uncomfortable chairs

Question 8

Would you rather go to

- a) an art class
- b) a music class
- c) an exercise class

Question 9

Which are you most likely to do when you are happy?

- a) grin
- b) shout with joy
- c) jump for joy

Question 10

If you were at a party, what would you be most likely to remember the next day?

- a) the faces of the people there, but not the names
- b) the names but not the faces
- c) the things you did and said while you were there

Question 11

When you see the word "d - o - g", what do you do first?

- a) think of a picture of a particular dog
- b) say the word "dog" to yourself silently
- c) sense the feeling of being with a dog (petting it, running with it, etc.)

Question 12

When you tell a story, would you rather

- a) write it
- b) tell it out loud
- c) act it out

Question 13

What is most distracting for you when you are trying to concentrate?

- a) visual distractions
- b) noises
- c) other sensations like, hunger, tight shoes, or worry

Question 14

What are you most likely to do when you are angry?

- a) scowl
- b) shout or "blow up"
- c) stomp off and slam doors

Question 15

When you aren't sure how to spell a word, which of these are you most likely to do?

- a) write it out to see if it looks right
- b) sound it out
- c) write it out to see if it feels right

Question 16

Which are you most likely to do when standing in a long line at the movies?

- a) look at posters advertising other movies
- b) talk to the person next to you
- c) tap your foot or move around in some other way

Total your a's, b's, and c's

Three Different Learning Styles

If you scored mostly a's you may have a visual learning style. You learn by seeing and looking.

Visual Learners

- take numerous detailed notes
- tend to sit in the front
- are usually neat and clean
- often close their eyes to visualize or remember something
- find something to watch if they are bored
- like to see what they are learning
- benefit from illustrations and presentations that use color
- are attracted to written or spoken language rich in imagery
- prefer stimuli to be isolated from auditory and kinesthetic distraction
- find passive surroundings ideal

If you scored mostly b's, you may have an auditory learning style. You learn by hearing and listening.

Auditory Learners

- sit where they can hear but needn't pay attention to what is happening in front
- may not coordinate colors or clothes, but can explain why they are wearing what they are wearing and why
- hum or talk to themselves or others when bored
- acquire knowledge by reading aloud
- remember by verbalizing lessons to themselves (if they don't, they have difficulty reading maps or diagrams or handling conceptual assignments like mathematics).

If you had mostly c's, you may have a kinesthetic learning style. You learn by touching and doing.

Kinesthetic Learners

- need to be active and take frequent breaks
- speak with their hands and with gestures
- remember what was done, but have difficulty recalling what was said or seen
- find reasons to tinker or move when bored
- rely on what they can directly experience or perform

- activities such as cooking, construction, engineering and art help them perceive and learn
- enjoy field trips and tasks that involve manipulating materials
- sit near the door or someplace else where they can easily get up and move around
- are uncomfortable in classrooms where they lack opportunities for hands-on experience
- communicate by touching and appreciate physically expressed encouragement, such as a pat on the back

Understanding and Identifying Auditory, Visual and Kinesthetic Learning Styles

Auditory	Visual	Kinesthetic
Identify sounds related to an experience	Have a sharp, clear picture of an experience	Develop a strong feeling towards an experience
I hear you clearly, I want you to listen . . . This sounds good	Do you make pictures in your head Do you have visual images in your head as you are talking and listening to me? Can you see what I am saying?	Do you feel what you are saying? Are you in touch with what I am saying?
How do you hear this situation going? What do you hear that is stopping you? Sounds heavy.	How do you see the situation? What do you see stopping you? This looks good. Do you see what I am showing you?	How do you feel about this situation? I'm getting a handle on this material. Let's move together. Sounds heavy .
Word Selections	Word Selections	Word Selections
tinkling, silent, squeal, blast, screaming, choking	color, clear, spiral, showed, vivid, notice	felt, body, sensations, feel pain, touch
Lecture	Visual Presentations	Hands-on Work

**Activities/
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Outcome #4**

HOW DO I UNDERSTAND MY STRONG RESULTS?

Activity 7 is a description on how to interpret your results of the *Strong Interest Inventory*.

HOW YOUR RESULTS ARE ORGANIZED

Section 1. General Occupational Themes Describes your interests, work activities, potential skills, and personal values in six broad areas: Realistic (R), Investigative (I), Artistic (A), Social (S), Enterprising (E), and Conventional (C).

Section 2. Basic Interest Scales Identifies specific interest areas within the six General Occupational Themes, indicating areas likely to be most motivating and rewarding for you.

Section 3. Occupational Scales Compares your likes and dislikes with those of people who are satisfied working in various occupations, indicating your likely compatibility of interests.

Section 4. Personal Style Scales Describes preferences related to work style, learning, leadership, risk taking, and teamwork, providing insight into work and education environments most likely to fit you the best.

Section 5. Profile Summary Provides a graphic snapshot of Profile results for immediate, easy reference.

Section 6. Response Summary Summarizes your responses within each category of Strong items, providing interpretive data useful to your career professional.

**Activities/
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Outcome #5**

What are my values?

1. List five things you love to do. What values do you feel are reflected in these activities? (Example: I like spending time with my family. Value: Family)

1. _____
2. _____
3. _____
4. _____
5. _____

2. What is one thing you would change in the world? _____
Why? _____

In your town?

Why? _____

About yourself?

Why? _____

3. What is something you really want to learn during your lifetime?

4. List several values that are most important to you in your job (Example: helping others, teamwork, creativity): _____

5. Work environments are people environments. Some people add to your energy, productivity, and self-esteem: others can drain you. Think of three people and describe their influence on you.

1. _____
2. _____
3. _____

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