

## Self-Awareness Personal Profile

1. You will create a folder which is a personal profile of yourself.
2. The cover of the folder should be a personality collage which completely describes you. Words, pictures, personal drawings, and anything that helps define who you are can be used. (Keep in mind that it must be school appropriate.)
3. In the first paper, you will write several paragraphs in which you identify yourself. This should include likes, dislikes, prejudices, talents, personality traits, good and bad. (You must include something positive about yourself.)
4. Next, you will write another paper in which you analyze yourself socially (interaction among friends and others), intellectually (areas that you excel and those that you do not), emotionally, religiously, and economically (within yourself and your family).
5. The third paper will be about an event which you consider to be very memorable.
6. The fourth paper will be about something either abstract (an idea such as freedom) or concrete (an object such as a teddy bear) that you hold to be a value. Tell why it is important.
7. Fifth, you will describe your family -- telling about brothers, sisters, those with whom you live and/or are close to. Tell their ages, personalities, hobbies, occupations, and attitudes.
8. Optional (for extra credit) you may put together several pages of photographs with captions. The pictures should tell your life story from birth to present.
9. An additional extra credit assignment is to present your pictures informally in a presentation to the class.
10. This assignment will be due on \_\_\_\_\_ and it will be a test grade.

Paper One

Who am I? *(Describe yourself...your looks, where you were born and grew up etc.)*

What do I like? *(Describe your tastes in food, styles, interests, hobbies, etc.)*

What do I dislike? *(Tell about those things, people, ideas etc. that you don't like.)*

What are my prejudices? *(Definition of prejudice: An adverse judgment or opinion formed beforehand or without knowledge or examination of the facts. A preconceived preference or idea.) This would be things, ideas, or people you favor over others.*

What are my talents? *(What are you good at doing? How long have you had your talent(s)? How do you use your talents?)*

What are your personality traits both good and bad? *(We all have our good qualities and our faults. Explain yours.)*

## Paper Two

Socially, I am... *(What kind of friends do you have? How do you act with friends vs. family? Do you date? What social group would you consider yourself a part of? Prep, geek, athlete, etc. Where do you "fit" in?)*

Intellectually, I am... *(Describe the things that you excel in intellectually within school and out. What classes do you do well in? Why? What classes do you struggle with? What other skills do you have that are beneficial?)*

Emotionally, I am... *(Describe your general emotional state? Are you happy most of the time or depressed? What causes emotional changes in you? What makes you happy, sad, angry etc? Are you moody?)*

Religiously, I am.. *(Describe your religious background. Are you religious? Are you involved in a particular kind of religion/church? How active are you? Is your family religious? What is your belief in God or other power? How do you feel about religion?)*

Economically, I am.. *(Describe your financial situation within yourself and family? Would you consider yourself to be wealthy, upper middle class, middle class, lower middle class, poor? Where do you get your money from? Chores or work? How important is money to you?)*

Paper Three

The event that is most memorable to me is... *(Describe an event that is special to you or had an impact on your life. How old were you? Where did it occur? Describe it. Tell why it's important or how it impacted you.)*

Paper Four

I hold \_\_\_\_\_ to be of value because: *(What is something you value in your life? Is it something concret or an idea? Why is this important to you? What would you do without it? How does it make you feel?)*

Paper Five

My family consists of: *(List the members of your family. Tell their ages, occupations, descriptions, interests, attitudes, etc. Tell how you get along with them.)*

Name \_\_\_\_\_

## Personal Profile

\_\_\_\_\_ Cover (10)

Creativity

Aesthetic Quality

Personal Description

\_\_\_\_\_ Paper One (25)

Description

Likes

Dislikes

Prejudices

Talents

Personality Traits

\_\_\_\_\_ Paper Two (25)

Socially

Intellectually

Emotionally

Religiously

Economically

\_\_\_\_\_ Paper Three (15)

Memorable Event

\_\_\_\_\_ Paper Four (10)

Value

\_\_\_\_\_ Paper Five (15)

Family Description

\_\_\_\_\_ Grade

\_\_\_\_\_ Daily Participation Grade