

Written Assignment: Module 1

Be sure you have read all the assigned material and reviewed the web resources for module before starting the assignment. Students are strongly encouraged to use all supplemental readings, web sites, and learning activities. Once you have completed the assignment, please submit to the designated drop box in Learn@UW.

Please submit your assignment as a Word file. Please set the page to 1 inch margins and use an 11 or 12 pt font (Arial or Times Roman). Be sure to save your assignments with your last name and course number in the file name (e.g. smith_course number).

Developing Your Self-Assessment

This assignment will serve as the basis for the final "Career" assignment that is due near the end of the course.

- Take the MBTI quiz at <http://www.humanmetrics.com/cgi-win/jtypes2.asp>
- Take 3 of the personality quizzes at <http://www.personalityquiz.net/profiles/index.htm>
Use the characteristics sheet (below) to record your findings.
- List experiences from your past that recall positive memories for you.
 - These are things that you are proud of; things that make you feel energized as you recall them. They can be anything from building a house to drawing a picture or running a race. It only matters that you felt good about doing it. The standard to use in choosing items for this list is that fact that you felt, "This was a really good thing!"
 - Share your experiences with others and ask them to listen and identify characteristics, values, skills and goals that they hear within the stories. Record their findings on the worksheet as well.

Review the worksheet to identify the most commonly listed characteristics. Using this worksheet, create a final listing of 5-10 personal characteristics.

Thoughtfully consider the stories you wrote and use them to identify the values and that you believe accurately represent who you are as a person. Consider your characteristics and values you've identified and determine 3-5 contributions you would like to make to society

Combine the two sections into one document and submit it to the dropbox entitled self-assessment. Submit the characteristics chart as well as your lists.

Assignment Rubric

		Points Possible	Points Received	Comments
Overall Format	Followed assignment requirements of order, typewritten, few errors	2.5pts		
Qualities, values, skills and goals comparison	A list of 5-10 qualities are clearly identified. Contributions clearly describe the differences you want to make for society rather than what you want to get from a profession.	7.5pts		
Total Points		10pts		

Characteristic	Person #1	Person #2	Person #3	Person #4	Person 5	Me
Accurate						
Adventurous						
Ambitious						
Analytical						
Assertive						
Athletic						
Calm						
Competitive						
Confident						
Conforming						
Cooperative						
Creative						
Curious						
Dependable						
Detailed						
Driving						
Efficient						
Emotional						
Empathetic						
Energetic						
Enthusiastic						
Expressive						
Flexible						
Frank						
Friendly						
Helpful						
Honest						
Idealistic						
Imaginative						
Independent						
Insightful						
Intellectual						
Intuitive						
Inventive						
Kind						
Logical						
Organized						
Persistent						
Persistent						
Persuasive						
Practical						
Self-reliant						
Sensitive						
Tactful						