

## 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)*

Notes:

1. *Not all assignments are introduced in your class. If you don't recognize an assignment name then it may not have been introduced.*
2. *You may choose any three from any section. You are not required to choose based on categories*

<b><u>Topic: Introduction</u></b>	Generational Values
Locus of Control	Difficult Choices
Homework Time Commitment	Strong Interest Inventory
<b><u>Topic: Understanding Learning</u></b>	Paradigm Shift
Brain-Based Learning - and/or Maslow's Hierarchy of Needs	Managing Life's Transitions
Rote Learning	<b><u>Topic: Self Direction</u></b>
Wounded By School	Time Line
<b><u>Topic: Self Awareness</u></b>	Setting Effective Goals
3 Sensory Learning Styles	Dream Chaser's Journey
True Self	Reaching Career Goals
Culture, Education, and Unspoken Expectations	Rapidly-Changing World
Motivation	Discerning Seasons
Success	Covey's Quadrants
Values Survey	Priority Clarification

<p><b>Myers Briggs Type Indicator (MBTI):</b></p> <ul style="list-style-type: none"> <li>• Keirsey <u>Temperaments</u></li> <li>• <u>MBTI</u> 4-letter code</li> <li>• Jung’s <u>Dominant Functions</u></li> <li>• <u>Decision Making Styles</u></li> </ul> <p><i>(Use any combination of these theories, but MBTI still only counts as one of the three theories for used this paper.)</i></p>	Priority-Goal Alignment
	Boundaries
	Boundaries Case Study
	Do Not Disturb
	Love Languages
	Responsible Helper
	Faculty Relations
	<b>Extra Credit Assignments:</b>
	Any extra credit assignments done in class

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 Education Formats Work Best For You?**
    - **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, expects group work vs. letting you work by yourself, etc.?*)
    - **What type of format would be best for you?** (*Slow paced=16-20 week semesters, faster-paced=10-12 quarters, accelerated=4-6 week terms; one subject at a time, on-line, in-person, etc.*)
    - **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 faith-based 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.*)
  - **What kind of subject(s) should you consider studying?** (*What are your interests?*)
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, artistic expression, 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 communicate, using your creative abilities, working with sophisticated equipment, etc.*)

See sample paper for an illustration.

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**Editing Feedback:**

You will submit three drafts of this paper for your final grade. **Note: YOU WILL NOT RECEIVE CREDIT FOR THIS PAPER IF ALL THREE DRAFTS AND THE SIGNATURES BELOW ARE NOT INCLUDED.**

1. **Draft One - Rough Draft:** You will write this paper, and edit it for content, structure, grammar and spelling. Then you will have a **classmate** review your draft for content, structure, grammar, and spelling. Be sure to have them sign below indicating they reviewed your rough draft. Then you will revise your paper based on the feedback provided.

**Draft One Due Date:** \_\_\_\_\_  
(See Assignment List [Green sheets] for due date)

**Classmate Partner** \_\_\_\_\_  
(Who will read your paper?) (Date due to him/her)

I read this paper and provided my editorial feedback based on the teacher's instructions.

Reviewed by: \_\_\_\_\_  
Print name Signature Date

2. **Draft Two - Revised Draft:** After you have revised your Rough Draft, you will take it to a staff member in either the **Tutorial Services or the Writing Center** to have them review your draft for structure, grammar, and spelling. Then you will revise your paper based on the feedback provided. (Note: You are required to get a campus staff member to review your paper partly to help you learn to use campus resources.)

**Draft Two Due Date:** \_\_\_\_\_  
(See Assignment List [Green sheets] for due date)

**Staff Member - Tutorial Services/Writing Center:**

*(Schedule an appointment with a tutor now)*

\_\_\_\_\_ *(Who will read your paper?)*

\_\_\_\_\_ *(Date due to him/her)*

I read this paper and provided my editorial feedback based on the teacher’s instructions.

Reviewed by: \_\_\_\_\_

Print name	Signature	Date
Title & Office		

**FINAL SUBMISSION INSTRUCTIONS:**

Remember, you will not receive credit for this assignment unless all four documents are together and it includes your editors’ signatures. Your final draft will be submitted with the following documents paper-clipped together. **They will be in the following order with the Final Draft on top.** Each draft should be individually stapled, then all documents attached together on a ring.

- **Final Draft**
- **Draft #2**
- **Draft #1**
- **Instructions**

**Test your understanding:**

**What is the main point of this assignment?**

\_\_\_\_\_  
\_\_\_\_\_

**Why were you expected to do this exercise?**

\_\_\_\_\_  
\_\_\_\_\_

**What type of person would need to do this exercise?**

\_\_\_\_\_  
\_\_\_\_\_

**How well do you fit the profile of the person for whom this assignment was created?**

\_\_\_\_\_  
\_\_\_\_\_

**Reflection:** *(Write down your response after completing this assignment.)*

\_\_\_\_\_  
\_\_\_\_\_