**Wellness 10: Personal Inventories**

**W5 Self-Awareness & Self-Management**

***Self-Awareness*** – one’s ability to perceive own emotions and tendencies.

***Self-Management*** – one’s ability to stay flexible and positively direct personal behaviour.

***Complete the following inventories before handing in completed package:***

1. Personal Inventory – complete below
2. Learning Inventory – complete below

**PERSONAL INVENTORY:**

1. **Personal Characteristics**
   1. Complete the following sentences:

I am happiest when…

What I like to do most is…

I often wish…

The best thing that ever happened to me…

The worst thing that could happen to me is…

At my school I…

What I want most is…

If I could be someone else I…

Something I know now that I didn’t know a year ago…

My biggest weakness is…

If I were a movie hero, my most charming characteristic would be…

I love…

I learn best when…

I strongly dislike…

Interests I have gained are…

I have accomplished…

Letting go of failure is…

Accomplishment makes me feel…

* 1. Use the list of personal qualities below. Underline (Ctrl U) ten (10) words that could be used to describe you. From this list **BOLD (Ctrl B)** the top three words that best describe your character (3 bolded words can be used form your underlined words)

Accepting

Aggressive

Ambitious

Brave

Calm

Careless

Caring

Cheerful

Clever

Confident

Dependable

Dependent

Disciplined

Energetic

Extroverted

Fair

Fearful

Foolish

Friendly

Gentle

Giving

Greedy

Helpful

Hostile

Imaginative

Immature

Inconsiderate

Independent

Intelligent

Introverted

Irresponsible

Jealous

Kind

Lazy

Loving

Mature

Modest

Nervous

Noisy

Normal

Patient

Perfectionist

Persuasive

Playful

Pleasant

Quiet

Rebellious

Relaxed

Reliable

Religious

Resentful

Responsible

Self-aware

Selfish

Shy

Sociable

Strong

Stubborn

Thoughtful

Trusting

Trustworthy

Understanding

Warm

Wise

Withdrawn

Youthful

1. **Emotional, Physical & Social Health** - *Highlight or* *circle* the statement that applies to you.

I can manage feelings of stress, anger, excitement, etc. in a healthy way.

* + 1. I know how to express my feelings in a way that is useful and positive to me.
    2. I can manage some feelings but struggle with others.
    3. I have trouble managing my feelings in a way that is positive for me.

I know whom to contact when I need emotional support.

1. I have an identifiable positive support system in place.
2. I might know some people to call if I need support but use them only sometimes.
3. I have not yet established an emotional support system but would like to.

I know how to communicate my emotional needs to others.

1. I am good at identifying and communicating my personal needs to others.
2. I can identify my personal needs but have trouble sharing them with others.
3. I can identify my personal needs but don’t share them.
4. I would like to know how to better identify and communicate my personal needs to others.

My self-esteem is……?

1. Great!
2. Is good sometimes, bad sometimes.
3. Needs a band-aid.
4. What’s self-esteem?

I am aware when I am feeling emotionally secure.

1. I know when I feel secure and what it takes for me to feel safe.
2. I think I know what it means to feel safe and secure, but I don’t know how to get it.
3. I don’t know if I ever feel safe and secure.

I am content with my physical appearance.

1. I am happy with how I look.
2. I am happy with some things about my appearance but not others.
3. I am not happy with my physical appearance.
4. I engage in behaviour designed to significantly alter my physical appearance.

I use one of the substances (tobacco, alcohol, food, illegal drugs) to deal with stressful things in life.

1. I do not use anything at this time.
2. I use something but would like to stop
3. I use something, know its’ effects on my health and don’t wish to deal with it right now.

My health is…?

1. I have good health and know whom to contact if I get sick.
2. I have some health problems and I know whom to contact if I need assistance.
3. I have poor health and know whom to contact if I need assistance.
4. I have poor health and am unsure what to do.

I know what foods in order to be emotionally and physically healthy.

1. I know about nutrition and how to eat for maximum emotional and physical health.
2. I’ve learned a little about nutrition but would like to learn more about it.
3. I don’t know much about nutrition but would like to learn.

I know how to get enough physical activity to be healthy

1. I know how exercise impacts my health and I engage in daily/weekly exercise.
2. I engage in some exercise and am content with what I do. I know how this impacts my health.
3. I know how exercise impacts my health and I wish that I could do more exercise.
4. I don’t know much about exercise and health.

I get enough rest.

1. I get enough rest everyday so that my mind is able to work at top performance.
2. Sometimes I get enough rest, but other times I don’t.
3. I don’t ever get enough rest.

I am involved in what groups…..

1. I am involved in too many groups.
2. I am involved in just the right amount of groups.
3. I would like to belong to more groups but don’t know how to start joining.
4. I don’t care to join anything at this time.

My family is a support system for me.

1. My family provides me with emotional and financial support.
2. My family gives me some support but I would like it to be different in some way.
3. I am unsure how to get support from my family.
4. I don’t want my family involved in supporting me at this time.

I know how to effectively communicate with my family.

1. My family and I communicate very well.
2. My family and I struggle with communication.
3. My family and I don’t communicate well at all but I’d like to do better.
4. I don’t wish to engage in any more communication than I already do with my family.

I have great aspirations for myself.

1. I believe in my dreams and myself.
2. I have dreams but worry I can’t attain them because I don’t believe in myself.
3. I am not sure I have aspirations and don’t believe in myself to get some.

Sources: <http://www.sasked.gov.sk.ca/docs/midcareer/pg704.pdf> and <http://channelcontent.dal.ca/portfolio/r_informal.html>

**SELF-REGULATED LEARNING (SRL) INVENTORY:**

*Highlight or Star* the statements that apply to you.

***Planning Strategies*** - Planning is what you do when you figure out what your assignment is, when it is due, and what specific steps you need to take in order to be successful.

1. To prepare for class, I make enough time for reading and making notes on the assigned material.

2. I organize my time according to how difficult or easy each assigned task is likely to be.

***Organizing Strategies*** -Organizing is what you do when you are arranging the things you have to do for an assignment in such a way that the job gets done successfully.

3. I use a calendar to keep track of when tests are scheduled.

4. I break down my assignments according to how much time I think they will take.

***Goal Setting Strategies*** - Goal-setting is what you do when you decide what you want to accomplish, both in the immediate and the distant future.

5. I set goals that I want to accomplish both in the immediate and the long-term future.

6. In my classes, I set my goals according to what I need to do to make an “A: or a “B”.

***Keeping Records Strategies*** - Keeping records is what you do when you keep track of your progress toward your goals.

7. I keep my assignments, class notes, and old tests in one place so that I can review them when necessary.

8. I make sure my class notes are dated and organized.

***Environmental Structuring Strategies*** - Environmental Structuring is what you do to make your surroundings conducive to achieving your goals.

9. Before I start to study, I organize my study area and make sure that I’ll be free from distractions.

10. When I study, I make time to organize my study time into times for intensive study and times for short breaks.

***Memorizing Strategies*** - Memorizing is what you do when you want to remember the material for class.

11. I memorize by practice and repetition.

12. When I study, I try to understand and apply the information instead of just memorizing enough to

“get by”.

***Seeking Information Strategies*** - Seeking Information is what you do when you figure out which information is important, where it is located, and to whom you will go for that information or for help.

13. I make sure that my class notes are cross-referenced to my textbook.

14. I find out what my teachers think is important and make sure that I study that material.

***Rehearsing Strategies*** - Rehearsing is what you do when you practice learning or remembering the material.

15. When studying the material, I ask myself lots of questions and make sure that I can answer them.

16. I apply what I am learning to something I already understand or have experienced.

17. I study with another person so that I can learn the material by talking and listening.

***Transforming Strategies*** - Transforming is when you deal with what you have learned by putting it into another form.

18. When I study, I put the material into a more simple form, such as an outline or a concept map.

19. I summarize and rewrite my notes and use them to prepare for tests.

20. I apply what I am learning in school to my “everyday” world outside of school.

***Self-Evaluation Strategies*** - Self-Evaluation is what you do when you analyze the quality of your work by using a personal set of evaluation standards.

21. After I have studied from the textbook, I make up some test questions about the material. Then I

check my answers in the book to see how much I learned.

22. Before I turn in a written assignment, I compare it with previously graded assignments.

23. I compare my grade to the amount of time I spent doing the assignment.

***Monitoring Strategies*** - Monitoring is what you do when you figure out how successful you are in your goals, and change your strategies if you need to.

24. I keep up my grades in each class, if one seems to be sliding I’ll stress studying more in that class.

25. I find out what the teacher expects and keep track of how well I am doing.

26. I know how well I am doing by keeping track of my grades.

27. I am aware of how well I understand my assignments and my reading materials.

***Self-Consequences Strategies*** - Self-Consequences are what you do to reward or “punch” yourself for the quality of your work.

28. If I have problems with an assignment or a test, I study harder instead of ignoring my problems.

29. When I’ve done well on an assignment or a test, I reward myself in some way.

30. If I make a bad grade, I deny myself something that I enjoy.

Source: University of Maine <http://www.umpi.edu/files/prospective-students/upward-bound/inventory/self-regulated_inventory_pdf.pdf>

**PERSONAL INVENTORIES**

1. Control + click to complete [Birmingham Multiple Intelligence Test (Secondary)](http://www.bgfl.org/bgfl/custom/resources_ftp/client_ftp/ks3/ict/multiple_int/).

**Questions about results of (BMIT)** :

**a. What are your top 3 Intelligences (ex. 1-Naturalistic, Nature smart)?**

**b. What did you receive as your weakest intelligence?**

**c. Do you agree with the results of this test? Do you believe you should have been rated higher in a specific area?**

1. Control + click to complete [Personality Type](http://www.personalitytype.com/apti). Be sure to print and attach your results sheet.

**Questions about Results of (PT):**

**a. What is your personality type? (Ex. Extravert, intuitive, Feeler, Perceiver (E,N,F,P).**

**b. Use the information from the results page to describe this personality.**

**c. Do you believe this personality type describes you well? Why or why not? Please explain.**

1. Control + click to complete [Keirsey Temperment Sorter-II Personality Instrument](http://www.keirsey.com/sorter/instruments2.aspx?partid=0). Press on the temperament mini report (view report button) Read report.

**Questions about results of (KTS2PI):**

1. **List 5 skills or areas that you excel in according to the report.**
2. **List 4 things that the report says about your personality**
3. **Do you think this is an accurate report of your personality? Why or why not?**