



# Student Resource

Module 1: Who I Am

Delivered by





## Module 1 – Who am I

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**To use this resource digitally, you must download a copy to your own area before making any changes to the resource.**

### Introduction

It is important to understand yourself before you go out into the working world. Understanding yourself can help you work out what careers you may enjoy working in. Learning about yourself also gives you things to talk about.

**By completing this module, you will:**

- Think about the things that you like and dislike.
- Think about the job you would like to have.

### Activity 1

Fill in each box with information about yourself.

If you cannot think of anything, ask your friends to share their ideas.



What things do you **like**?



What things do you **not** like?



What things are you **good** at?



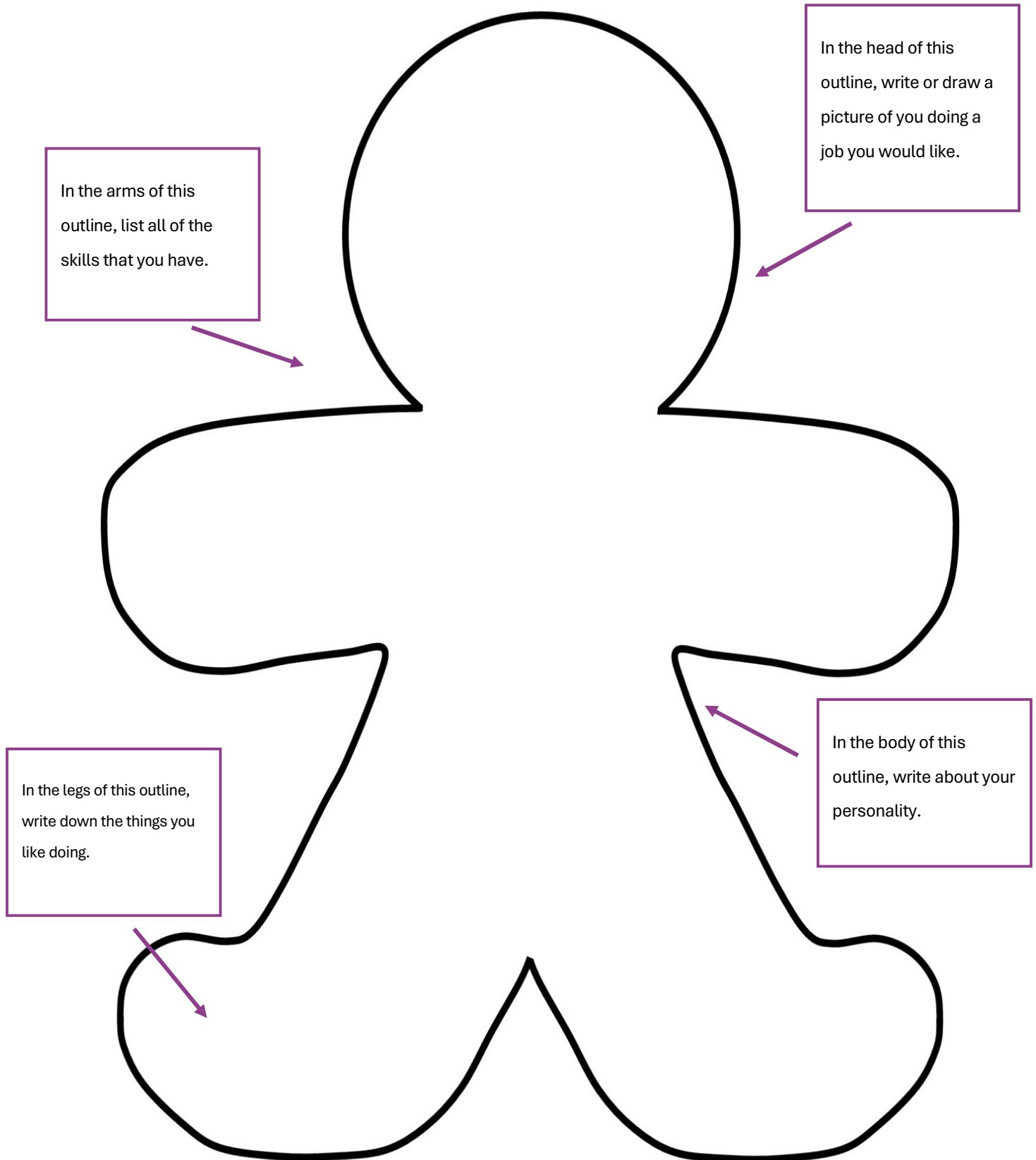
What things make you feel **happy**?



What **jobs** would you like to do?



## Activity 2





### Activity 3

Think about the things you have done in this module. Answer the questions below by circling the answer you think is most like how you feel.

1. Has this module helped you learn about yourself?

- No
- A bit
- A lot

2. Has this module helped you learn about jobs?

- No
- A bit
- A lot

3. Has this module helped you learn about teamwork?

- No
- A bit
- A lot

4. Has this module helped you learn about being a good employee?

- No
- A bit
- A lot

5. Has this module helped you learn about the ways you could get to your work experience?

- No
- A bit
- A lot