Who Am I?
Introduction to Identity

No two people are the same.

In this training you will learn about your identity - who you are!

There are no right or wrong answers.

Knowing who you are is the first step to planning your future.

Let's get started!
What's My Identity?

*After completing video please click on Next.*
Your Identity

Your identity is made up of:

- Traits
- Strengths
- Weaknesses
- Being deaf/hard of hearing
- Your team

These things are what make you different from everyone else.
A **trait** is a characteristic, feature, or quality of a person.
Explanation

Our traits are what make us look and act differently from each other.
What are some traits that make YOU unique?

1. 
2. 
3. 
4. 
5. 
**Definition**

**Strengths** are things you do well, and that are easy for you to do.
Explanation

**Strengths** also make you unique and can be an important part of your identity.
Everyone Has Strengths

*After completing video please click on Next.*
Examples

Strengths

- I have a good memory, and I like Geography!
- I like fashion design, and I am a good listener.
- I'm good at Math and Science!
Identify Your Strengths

*After completing video please click on Next.*
Definition

A **weakness** is something you struggle to understand or do.
Explanation

Everyone has different weaknesses or things they don't like. Some skills are hard to develop and may require too much work.
Examples

- I hate Math!
- I don't get my homework done on time.
- It's hard to stay focused in class when I'd rather be talking to my friends.
Introduction

Strengths and weaknesses fit into two different groups called soft skills and hard skills.

Both are important for your success.
Hard vs. Soft Skills

*After completing video please click on Next.*
**Hard Skills - Definition**

Hard skills are the learned skills or training that you need for jobs or careers.

*Math, Science, Computers, Writing*
Soft skills are interpersonal or people skills.

Paying attention, being on time, being responsible, being a team player.
Rating Scale Explanation

Rating Scale Explanation Video

*After completing video please click on Next.*

Rating Scale Example

- 1 = a skill you are still developing
- 5 = a skill you do pretty well
- 10 = a skill that is really strong

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Hard Skills Introduction

*After completing video please click on Next.*
Hard Skills - Your Turn

Hard Skills - Reading Explanation

Rate your *reading* hard skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Hard Skills - Your Turn

Hard Skills - Writing Explanation

Rate your writing hard skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Hard Skills - Your Turn

Hard Skills - Art Explanation

Rate your Art hard skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Hard Skills - Your Turn

Hard Skills - Science Explanation

Rate your science hard skills

Weakness [1 2 3 4 5 6 7 8 9 10] Strength
Hard Skills - Your Turn

Hard Skills - *History* Explanation

Rate your *history* hard skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Hard Skills - Your Turn

Hard Skills - Computers Explanation

Rate your computers hard skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Soft Skills Introduction

*After completing video please click on Next.*
Soft Skills - Your Turn

Soft Skills - *Time Management* Explanation

Rate your *time management* soft skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Soft Skills - Your Turn

Soft Skills - Good Study Habits Explanation

Rate your good study habits soft skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Soft Skills - Your Turn

Soft Skills - Organizational Skills Explanation

Rate your organizational skills soft skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Soft Skills - Your Turn

Soft Skills - *Motivation* Explanation

Rate your *motivation* soft skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Soft Skills - Your Turn

Soft Skills - *Commitment* Explanation

Rate your *commitment* soft skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Soft Skills - Your Turn

Soft Skills - *Positive Attitude* Explanation

Rate your *positive attitude* soft skills

Weakness 1 2 3 4 5 6 7 8 9 10 Strength
Soft Skills - Your Turn

Soft Skills - Communication Skills Explanation

Rate your communication skills soft skills

Weakness  1  2  3  4  5  6  7  8  9  10  Strength
Review Your Rating
Your Rating

How did you rate?

<table>
<thead>
<tr>
<th>Hard Skills Rating</th>
<th>Soft Skills Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading - 9</td>
<td>Time Management - 10</td>
</tr>
<tr>
<td>Writing - 8</td>
<td>Good Study Habits - 9</td>
</tr>
<tr>
<td>Art - 2</td>
<td>Concentration - 9</td>
</tr>
<tr>
<td>Math - 9</td>
<td>Organizational skills - 10</td>
</tr>
<tr>
<td>Science - 7</td>
<td>Motivation - 9</td>
</tr>
<tr>
<td>History - 8</td>
<td>Commitment - 10</td>
</tr>
<tr>
<td>Computers - 8</td>
<td>Positive Attitude - 10</td>
</tr>
<tr>
<td>Photography - 5</td>
<td>Communication skills - 10</td>
</tr>
</tbody>
</table>
What Did You Learn?

What are your strengths and weaknesses? They might be from the list you saw, or you might have other ones.
Your Strengths

Give examples of the strengths that make you unique.

Hard Skills

Soft Skills

Submit
Your Weaknesses

Give examples of some weaknesses that you struggle with.

Hard Skills

Soft Skills
Impact of Weaknesses

Which of these weaknesses will make it harder for you to reach your goals?

Who is someone who can help you improve this weakness?

Submit
Being **deaf or hard of hearing** impacts who you are.
Student Examples

Please hover over an image to view their responses.

I have two cochlear implants. I speak, use an FM system, and read lips.

I'm Deaf. I use American Sign Language, an interpreter, and hearing aids for environmental cues.

I am hard of hearing. I use my voice and some sign. I use Signing Exact English interpreters.
Student Examples

Please hover over an image to view their responses.

I am Deaf. I use ASL in school and with friends. It's hard to communicate with my parents because they don't know ASL.

I am hard of hearing. I speak and know sign language. I use notetakers at school.

I have cochlear implants and speak. I don't know any other deaf or hard of hearing people. I use CART.
Student Examples

Please hover over an image to view their responses.

I use American Sign Language with family and friends. I use interpreters in classes or meetings.

I am hard of hearing. I know ASL but at home I speak and lipread because my family and friends don't sign. At school I have an interpreter.

I have a lot of family who are Deaf and we all use ASL. I am not around a lot of hearing people because I go to a residential deaf school and all my friends and teachers are deaf or sign.
Student Examples

Please hover over an image to view their responses.

I use sign but I have to learn tactile sign because I am becoming blind. I use interpreters but I do have some hearing left.

I use sign language but not ASL. I sign in English word order. I use interpreters or speech-to-text in classes. At home sometimes I use my voice a little.

I am hard of hearing and use hearing aids and an amplification device. I also sign. I use interpreters for clarification when needed.
Understanding Your Needs

Being deaf or hard of hearing will impact how you access information.

It is important to understand what works for you.

In high school, accommodations are set up for you.

Once you graduate, it is your responsibility to ask for accommodations.
### Your Communications and Accommodations

#### Identity
- [ ] Deaf
- [ ] deaf
- [ ] Hard of hearing
- [ ] Deafblind

#### Communication
- [ ] American Sign Language
- [ ] Combined ASL and English
- [ ] Cued Speech
- [ ] Signed English
- [ ] Speech and Lipreading
- [ ] Tactile Sign Language
- [ ] Total Communication
- [ ] Other

#### Accommodations
- [ ] Sign Language Interpreter
- [ ] Oral Interpreter
- [ ] Cued Speech Interpreter
- [ ] Speech-to-text (CART, Typewell, C-Print)
- [ ] Notetaker
- [ ] Early registration for classes
- [ ] Extended test time
- [ ] Other

Submit
How Do You Communicate?

How do you communicate and what accommodations do you use in these settings?

1. At school

2. With your family

3. With your friends

Submit
Teams are the people in your life that support and influence you.
To achieve your goals, you will need a team.
Examples

We all have different people on our teams. Check out Marissa's and Brandon's teams!
Each team member supports you in different ways. Who do you need to build a strong team?

**Education Team:**
- Teacher(s)
- Counselor(s)
- Interpreter(s)
- Principal
- Audiologist/Speech Therapist

**Employment Team:**
- VR Counselor
- Job Coach
- Transition Specialist
- Mentor
- Boss/Supervisor

**Life Team:**
- Family
- Friends
- Mentor
- Advocate
- Life Skills Coach

[Submit]
Identify Your Team

Who is on your team?

Brooke: My VR counselor

How do they help?

Brooke: She helps me think about possible jobs and what training I need to prepare for them.
Perspectives

*After completing video please click on Next.*
At a Glance

Click a section below to review and print your answers. For upcoming activities, please print each of the pages from your portfolio.

*Note: Each link opens in a new browser window, the training will remain open in this browser window.

- Traits
- Hard & Soft Skills
- Strengths
- Weaknesses
- Impact of Weaknesses
- Your Communication & Accommodations
- How Do You Communicate
- Your Team
- Identify Your Team
Check In: Your Turn

Use the printed pages from your portfolio (previous page) and share them with your team. Ask them these questions:

1. Do you agree with my view of myself?

2. Do you have a different view than I do?
Comparing Views

My view of myself was not the same as my team's. But I can see their point, and I am glad we talked about it.
More About Identity

Our identities are also influenced by our values and personality.
Understanding Yourself

Understanding yourself is like putting a puzzle together.

You've already learned about some of the pieces that make you unique.

Now let's look at how your values and personality help you complete your puzzle.
Importance of Assessments

*After completing video please click on Next.*
**Definition**

*Values* are your ideas and beliefs. Your *values* are important guides for future decisions.
Allison's Values

Example of a value.
I'm concerned about the freedom of animals.
Values Assessment Introduction

*After completing video please click on Next.
Values Assessment

1. Doing something to make the world a better place.

- Not important to me
- Somewhat important to me
- Very important to me
Values Assessment

2. Helping other people.

- Not important to me
- Somewhat important to me
- Very important to me
3. Participating in activities (like football and track) that let me compete against other people!

- Not important to me
- Somewhat important to me
- Very important to me
Values Assessment

4. Thinking of new ideas for how things can be set up and run better.

- Not important to me
- Somewhat important to me
- Very important to me
Values Assessment

5. Doing things like painting, writing, acting or other kinds of art.

- Not important to me
- Somewhat important to me
- Very important to me
6. Learning new ideas or facts in history, or science, or another field.

- Not important to me
- Somewhat important to me
- Very important to me
Values Assessment

7. Being in control or influencing other peoples opinions and activities.

- Not important to me
- Somewhat important to me
- Very important to me
Values Assessment

8. Being around other people every day.

- Not important to me
- Somewhat important to me
- Very important to me

Submit
9. Working alone, and not with other people.

- Not important to me
- Somewhat important to me
- Very important to me
10. Participating in spiritual activities -- like going to church, or temple or praying.

- Not important to me
- Somewhat important to me
- Very important to me
11. Having people tell me (or tell other people) that I did a good job.

- Not important to me
- Somewhat important to me
- Very important to me
12. Doing activities that require strength, speed, or the ability to move quickly.

- Not important to me
- Somewhat important to me
- Very important to me
13. Doing work that is really interesting and not boring.

- Not important to me
- Somewhat important to me
- Very important to me
14. Knowing that other people think I am really smart or an expert.

- Not important to me
- Somewhat important to me
- Very important to me
15. Doing work that is different everyday - not the same thing all the time.

- Not important to me
- Somewhat important to me
- Very important to me
16. Having structure with my daily activities.

- Not important to me
- Somewhat important to me
- Very important to me
17. Earning lots of money.

- Not important to me
- Somewhat important to me
- Very important to me

- Not important to me
- Somewhat important to me
- Very important to me
19. Working collaboratively on projects with other people.

- Not important to me
- Somewhat important to me
- Very important to me
20. Doing activities that have some risk, like skiing, racing or mountain biking.

- Not important to me
- Somewhat important to me
- Very important to me
21. Being my own boss and not having somebody telling me what to do.

- Not important to me
- Somewhat important to me
- Very important to me
## Values Assessment

<table>
<thead>
<tr>
<th>Values Statements</th>
<th>Your Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doing something to make the world a better place</td>
<td>Very important</td>
</tr>
<tr>
<td>Helping other people</td>
<td>Very important</td>
</tr>
<tr>
<td>Participating in activities (like football, track that let me compete against others)</td>
<td>Not important</td>
</tr>
<tr>
<td>Thinking of new ideas for how things can be set up and run better.</td>
<td>Very important</td>
</tr>
<tr>
<td>Doing things like painting, writing, acting or other kinds of art.</td>
<td>Somewhat important</td>
</tr>
<tr>
<td>Learning new ideas, facts - could be in history or science or another field.</td>
<td>Somewhat important</td>
</tr>
<tr>
<td>Being in control or influencing other people’s opinions and activities.</td>
<td>Somewhat important</td>
</tr>
<tr>
<td>Being around other people every day</td>
<td>Somewhat important</td>
</tr>
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<td>Working alone, and not with other people</td>
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</tr>
<tr>
<td>Having structure with my daily activities.</td>
<td>Somewhat important</td>
</tr>
<tr>
<td>Earning lots of money.</td>
<td>Somewhat important</td>
</tr>
<tr>
<td>Having fun in my life, no matter what I do</td>
<td>Very important</td>
</tr>
<tr>
<td>Working collaboratively on projects with other people.</td>
<td>Very important</td>
</tr>
<tr>
<td>Doing activities that have some risk, like ski racing or mountain biking.</td>
<td>Not important</td>
</tr>
<tr>
<td>Being my own boss and not having somebody telling me what to do</td>
<td>Not important</td>
</tr>
</tbody>
</table>
Your Turn

What **values** are important to you?

Review Character Profiles: 

Submit
Your Future

Which value do you think will be most important for your future?

[Text Input Area]

How will it impact your future?

[Text Input Area]

Submit
Definition

Our **personalities** guide how we think and act. Your **personality** is an important piece to think about when making decisions about your future.
Personality Assessment Introduction

*After completing video please click on Next.*
Personality Assessment

1. Which fits you best?
   - Extrovert: I have a lot of energy
   - Introvert: I am laid back
2. Which fits you best?

- Extrovert: I prefer to be around people
- Introvert: I prefer to be alone
3. Which fits you best?

- Extrovert: I do things without stopping to think
- Introvert: I like to think before doing something
Personality Assessment

4. Which fits you best?

- Extrovert: I like to do many things at the same time
- Introvert: I need to focus on one thing at a time
5. Which fits you best?

- Extrovert: I like when people pay attention to me
- Introvert: I like to pay attention to other people
6. Which fits you best?

- Sensors: I like clear and specific information
- iNtuitives: I like to be creative and come up with new ideas
7. Which fits you best?

- Sensors: I like clear instructions/directions
- iNtuitives: I like to figure things out on my own
8. Which fits you best?

- Sensors: I like facts, timelines, and details
- iNtuitives: I like to think outside the box/be creative
9. Which fits you best?

- Sensors: I always use past experience to make decisions
- Intuutives: I follow my instincts to make decisions
10. Which fits you best?

- Sensors: I like to use data
- iNtuitives: I like more abstract ideas
11. Which fits you best?

- Thinkers: I use facts to make decisions
- Feelers: I use feelings to make decisions
Personality Assessment

12. Which fits you best?

- Thinkers: I think about different parts of the problem
- Feelers: I think about how other people feel
Personality Assessment

13. Which fits you best?

- Thinkers: I use direct and honest language
- Feelers: I use vague and not direct language
14. Which fits you best?

- Thinkers: I make decisions using my head
- Feelers: I follow my heart to make decisions
15. Which fits you best?

- Thinkers: I like to debate and argue with others
- Feelers: I don't like to debate or argue with people
16. Which fits you best?

- Judgers: I like to make a "to do" list
- Perceivers: I like to go with the flow
17. Which fits you best?

- Judgers: I like to have a schedule/plan for the day
- Perceivers: I do not like to have a schedule/plan
18. Which fits you best?

- **Judgers**: I always study first, then play
- **Perceivers**: I usually play first, then study
19. Which fits you best?

- **Judgers:** I start and finish all projects
- **Perceivers:** I start projects, but don't always finish
20. Which fits you best?

- Judgers: I think it is important to be on time
- Perceivers: I think being late is fine
### Personality Assessment

<table>
<thead>
<tr>
<th>Extrovert (E)</th>
<th>Introvert (I)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have a lot of energy</td>
<td>I prefer to be alone</td>
</tr>
<tr>
<td></td>
<td>I like to think before doing something</td>
</tr>
<tr>
<td>I like to do many things at the same time</td>
<td>I like to pay attention to other people</td>
</tr>
</tbody>
</table>

#### You are an Introvert (I)

<table>
<thead>
<tr>
<th>Sensor (S)</th>
<th>iNtuitive (N)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I like clear and specific information</td>
<td>Directions? What directions? I like to figure things out on my own</td>
</tr>
<tr>
<td></td>
<td>I like to think outside the box/be creative</td>
</tr>
<tr>
<td>I always use past experience to make decisions</td>
<td></td>
</tr>
<tr>
<td>I like to use data</td>
<td></td>
</tr>
</tbody>
</table>

#### You are a Sensor (S)

<table>
<thead>
<tr>
<th>Thinker (T)</th>
<th>Feeler (F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I use feelings to make decisions</td>
<td>I think about how other people feel</td>
</tr>
<tr>
<td>I use direct and honest language</td>
<td></td>
</tr>
<tr>
<td>I make decisions with using my head</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I don't like to debate or argue with people</td>
</tr>
</tbody>
</table>

#### You are a Feeler (F)

<table>
<thead>
<tr>
<th>Judger (J)</th>
<th>Perceiver (P)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I like to have a schedule/plan for the day</td>
<td>I like to go with the flow</td>
</tr>
<tr>
<td>I always study first, then play</td>
<td></td>
</tr>
</tbody>
</table>
Different Personalities

We all have different personalities!

I am a people person. I like to have people around me, and most of the time my friends follow my ideas.

Some people think I am shy, but really I'm just quiet. I like listening to different ideas before I make a decision.
Brooke's Personality

What is your personality code?
ENFP

What did you learn about your personality?
1: I'm friendly and good with people.
2: I'm a natural leader.
3: I don't like being controlled by others.
More About Brooke's Personality

Brooke's Personality

Which personality trait do you think will be most important to your future?

Leadership

How will it impact your future?

This will allow me to find a good job, manage a team, and be able to take charge.
**Personality Code**

What is your personality code?

ISFJ

Click on your code to learn more.

<table>
<thead>
<tr>
<th>ISTJ</th>
<th>ISFJ</th>
<th>INFJ</th>
<th>INTJ</th>
</tr>
</thead>
<tbody>
<tr>
<td>ISTP</td>
<td>ISFP</td>
<td>INFP</td>
<td>INTP</td>
</tr>
<tr>
<td>ESTP</td>
<td>ESFP</td>
<td>ENFP</td>
<td>ENTP</td>
</tr>
<tr>
<td>ESTJ</td>
<td>ESFJ</td>
<td>ENFJ</td>
<td>ENTP</td>
</tr>
</tbody>
</table>
Your Turn

What did you learn about your personality?

Which personality trait do you think will be most important to your future?

How will it impact your future?
Developing Dreams

Learning who you are and understanding what makes you unique lead to effective dreams for the future.
Dreams for the Future

*After completing video please click on Next.*
Different Types of Dreams

We have different kinds of dreams.

- Education and training
- Employment
- Life
  - Relationships
  - Living independently
Your dreams make you unique. What are your dreams for your life after high school?

1: Education and Training

2: Employment

3: Relationships

4: Independent Living

Submit
Making Dreams Come True

Dreams don't just happen. For a dream to become possible, it has to be a good fit with everything you know about yourself.

Does it fit your strengths and weaknesses? Are you willing to do the work?

Let's find out if your dream has what it takes to become a goal.
Test It Out

Plug your dream into the GOAL TESTER and find out if it passes the test!

Step 1: Identify a dream you want to test:

I want to be a teacher

Step 2: Evaluating the fit

This dream:

- Fits with my traits
- Fits with my strengths and skills
- Fits with my values
- Fits my personality

Step 3: How much work will this dream require to become a goal?

- A little bit
- A lot
- Some
- Too much

Step 4: Do you want this dream to become a goal?

- Yes
- No
Testing Goals

Step 1: Identify a dream you want to test:
I want to own a huge house
Step 2: Evaluating the fit
This dream:
- Fits with my traits
- Fits with my values
- Fits with my strengths and skills
- Fits my personality
Step 3: How much work will this dream require to become a goal?
- A little bit
- A lot
- Some
- Too much
Step 4: Do you want this dream to become a goal?
- Yes
- No

Step 1: Identify a dream you want to test:
I want a Corvette™.
Step 2: Evaluating the fit
This dream:
- Fits with my traits
- Fits with my values
- Fits with my strengths and skills
- Fits my personality
Step 3: How much work will this dream require to become a goal?
- A little bit
- A lot
- Some
- Too much
Step 4: Do you want this dream to become a goal?
- Yes
- No
Testing Marissa's Goal

Step 1: Identify a dream you want to test:

I want to own a huge house

Step 2: Evaluating the fit

This dream:

- Fits with my traits
- Fits with my values
- Fits with my strengths and skills
- Fits my personality

Step 3: How much work will this dream require to become a goal?

- A little bit
- Some
- A lot
- Too much

Step 4: Do you want this dream to become a goal?

- Yes
- No
Goal Tester: Your Turn

Use the Goal Tester to test a few of your goals. Each time you hit Submit, your answers will be saved to your portfolio.

Review Character Profiles: [Select]

Step 1: Identify a dream you want to test:

Step 2: Evaluating the fit

This dream:
- Fits with my traits
- Fits with my values
- Fits with my strengths and skills
- Fits my personality

Step 3: How much work will this dream require to become a goal?
- A little bit
- Some
- A lot
- Too much

Step 4: Do you want this dream to become a goal?
- Yes
- No

Submit

Goal Tester: Your Turn Submission 1
Now What?

Now that you have identified some ideas for goals, the real work begins. Section 2, **What Do I Want?**, focuses on what you need to do next to make your dreams happen.

**MAYBE!**
- Be a computer engineer
- Have a family
- Teach Deaf kids

**CHANGE IT!**
- Play pro ball
- Own a huge home
Put It All Together: My Identity Map

If you want to review and/or print your answers from a specific question, please click on one of the links below.

*Note: Each link opens in a new browser window, the training will remain open in this browser window.

![Identity Map Diagram]

Read More About

- [Hard & Soft Skills](#)
- [Values](#)
- [Personality](#)
- [Goal Tester](#)
Read Our Maps

Check out our Identity Maps!

Click on each character to review their full portfolio profile.
Who Am I? Review

You identified your:

- Traits
- Strengths
- Weaknesses
- Hard Skills
- Soft Skills
- Being deaf/hard of hearing
- Team
- Values
- Personality
- Dreams
Section Complete

Thank you for completing this Section. Click here to get your Certificate.