



*How am I unique?*

# I'm a Special Person

**SUMMARY** Students discuss the concept of personality to gain an understanding of their own. They learn about relationships and communication using the Johari Window.

**OBJECTIVES** *Students will . . .*

- Identify characteristics of their personality.

**PREPARATION** Review the Johari Window concept. Refer to the *Johari Window* overhead, and ask your school counselor for more information, if needed. You can also see this web site for an explanation of Johari Window:  
[http://www.noogenesis.com/game\\_theory/johari/johari\\_window.html](http://www.noogenesis.com/game_theory/johari/johari_window.html)  
Make *Personal Characteristics* list and *Johari Window* into overheads  
Photocopy *I'm A Special Person* and *How Others See Me* worksheets  
Select personalities in Step 2 below as appropriate for your class  
Optional: You may wish to amend the **Personal Characteristics** list to suit the reading level of your class

**MATERIALS** *I'm a Special Person* worksheet  
*How Others See Me* worksheet  
*Personal Characteristics* list and *Johari Window* into overheads

**COMPUTER USE** None

**SUBJECT AREAS** English, Social Studies, Health, Family and Consumer Science

**TIME REQUIRED** 90 minutes plus homework between sessions

**GROUP SIZE** Class, individual

## STEPS

1. Discuss the concept of "personality," the unique mix of qualities, traits, attitudes, and behaviors that distinguish one individual from others, with the class.
2. Write the names of four or five well-known people on the chalkboard - for example, people currently in the news, from TV or movies, from sports, from history, from books read recently by the class. (Note: you may wish to consider people representing a broad spectrum of cultural diversity and both genders.)

*continued*

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## I'm a Special Person

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3. Ask questions about the people: “What kind of personality do they have?” “What makes them so different?” “What roles do they play?” Discuss the concept of “roles” as ways of behaving that we expect of someone - for example, as a mother or a gang member. Point out the differences between TV or movie roles and real-life roles.
4. Show the overhead of *Personality Characteristics*. Ask students to select those that best describe each of the personalities. Discuss. When students agree, record by putting the initials of the personality next to the characteristic. Additional characteristics may be added to the list.
5. Ask students to complete the *I'm a Special Person* worksheet by circling at least ten and preferably fifteen characteristics. Then ask them to identify their “Top Six” and to choose three that they will improve upon.
6. Show the *Johari Window* overhead and discuss the concepts with students. Talk about how much they revealed about themselves when completing the *I'm a Special Person* worksheet.
7. As a homework assignment have students ask a parent, guardian or adult friend to complete the *How Others See Me* worksheet. Bring this completed worksheet to the next class.
8. Ask students to compare how others see them with how they see themselves. Discuss what they learned.
9. Optional: Ask students to complete the Johari Window for themselves. Suggest they put the Johari Window in a sealed envelope for their teacher to return at the end of the year, or keep with portfolio documents.

## VARIATIONS

1. Invite counselor to talk about the Johari Window, personality traits etc.

## ALLIED ACTIVITIES

*Thinking about Me*

*I Have Attitudes*

*Life Roles Rainbow*

*Life Map*

*Using CIS Occupation Sort*

*Job Search*

*Where Am I Going?*

## ASSESSMENT STRATEGIES

Students will:

- Complete the *I'm a Special Person* and *How Others See Me* worksheets

## STUDENT WORKSHEETS

*I'm a Special Person*

*How Others See Me*



*continued*

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## I'm a Special Person

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## OVERHEADS



*Personal Characteristics*

*Johari Window*

## PORTFOLIO

*I'm a Special Person* worksheet

*How Others See Me* worksheet

## SORTING

- ▶ **Subject:** English, Health Education, Social Science, Guidance
- ▶ **Grade Levels:** 7, 8, 9
- ▶ **CIS Components:** None

## STANDARDS

**Career-Related Learning Standards:**

Career Development, Communications

**SCANS:**

Interpersonal, Personal Qualities

**NCDG:**

Knowledge of the influence of positive self-concept, Skills to interact positively with others

**ASCA:**

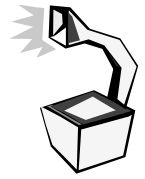
Career Development, Personal and Social Development

## EDUCATIONAL GOALS

**Bloom's Taxonomy:** Comprehension

**Intellectual Operation:** Reiteration, Summarization

# Personality Characteristics



Adventurous	Friendly	Quiet
Aggressive	Good Listener	Reliable
Artistic	Happy with Self	Responsible
Assertive	Honest	Self-confident
Capable	Independent	Self-disciplined
Caring	Kind	Self-starter
Cautious	Leader	Sense of Humor
Compassionate	Logical	Sensitive
Creative	Optimistic	Serious
Decisive	Organized	Sincere
Determined	Outgoing	Strong
Empathetic	Patient	Tolerant
Energetic	Proud	Trusting
Follower		Warm

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

# I'm a Special Person



Name \_\_\_\_\_ Date \_\_\_\_\_

You're special!

How? Circle at least 10 and up to 15 characteristics that reflect the kind of person YOU think you are:

Adventurous	Empathetic	Logical	Self-disciplined
Aggressive	Energetic	Optimistic	Self-starter
Artistic	Follower	Organized	Sense of Humor
Assertive	Friendly	Outgoing	Sensitive
Capable	Good Listener	Patient	Serious
Caring	Happy with Self	Proud	Sincere
Cautious	Honest	Quiet	Strong
Compassionate	Independent	Reliable	Tolerant
Creative	Kind	Responsible	Trusting
Decisive	Leader	Self-confident	Warm
Determined			
_____	_____	_____	_____
_____	_____	_____	_____

Which are your "Top Six" or favorites?

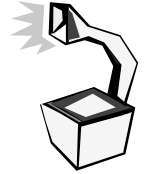
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Which 3 characteristics will you improve upon during this school year?

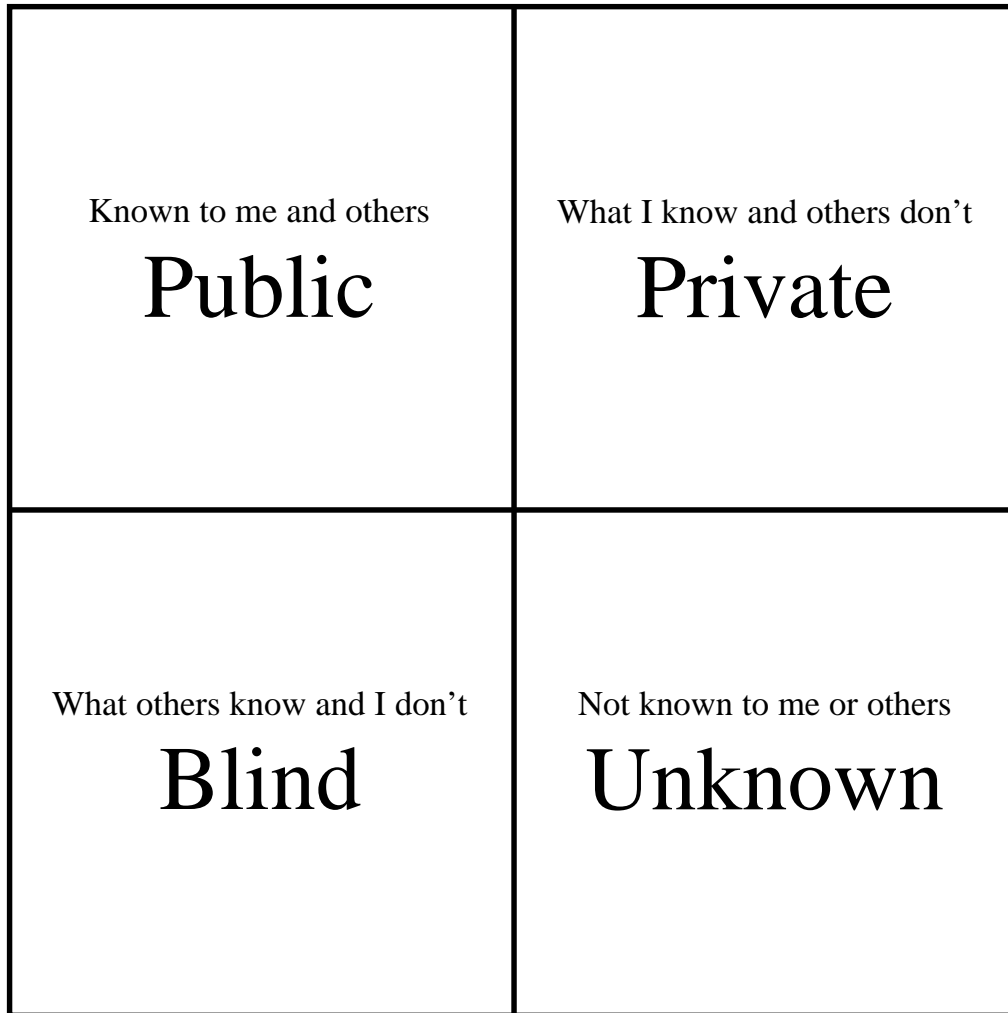
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

You're unique!

Your uniqueness is your most important asset. You give meaning to the everyday things you do by being the kind of person you are. The world of your family and friends is a different place simply because you exist and influence them in countless ways.



# The Johari Window



source: [www.noogenesis.com/game\\_theory/johari/johari\\_window.html](http://www.noogenesis.com/game_theory/johari/johari_window.html)



# How Others See Me

Name \_\_\_\_\_ Date \_\_\_\_\_

Choose the terms from the following list that describe the kind of person you think \_\_\_\_\_ is. Circle the appropriate characteristics:

Adventurous	Empathetic	Logical	Self-disciplined
Aggressive	Energetic	Optimistic	Self-starter
Artistic	Follower	Organized	Sense of Humor
Assertive	Friendly	Outgoing	Sensitive
Capable	Good Listener	Patient	Serious
Caring	Happy with Self	Proud	Sincere
Cautious	Honest	Quiet	Strong
Compassionate	Independent	Reliable	Tolerant
Creative	Kind	Responsible	Trusting
Decisive	Leader	Self-confident	Warm
Determined			
_____	_____	_____	_____
_____	_____	_____	_____

Comments:

Source (circle one): Parent      Guardian      Adult Friend

Other: \_\_\_\_\_

**I'm a Special Person**

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