**HANDOUT [A]: IMPORTANT CHARACTERISTICS ACTIVITY**

1. Select 10 adjectives from the list that best describe you, and list them in order of how well they describe you.
2. Then select 10 adjectives from the list that you think are the most important characteristics to have in a friend. List them in order of importance.

|  |  |  |  |
| --- | --- | --- | --- |
| **Adjectives** | | **Adjectives that best describes you** | **Important characteristics** |
| quiet  outgoing  organized  independent  supportive  sociable  helpful  responsible  analytical  decisive  realistic  creative  logical  determined  curious  problem-solver  good listener | adventurous  loyal  spontaneous  active  direct  energetic  generous  open-minded  optimistic  strategic  co-operative  expressive  assertive  honesty  practical  friendly  reliable | **1.**  **2.**  **3.**  **4.**  **5.**  **6.**  **7.**  **8.**  **9.**  **10.** | **1.**  **2.**  **3.**  **4.**  **5.**  **6.**  **7.**  **8.**  **9.**  **10.** |

1. With a partner, compare the important characteristics and discuss the following questions:

🞏 Are your lists similar or different?

🞏 Which characteristics did you have that were the same? Were they ranked the same?

🞏 Why might people think that some characteristics are more important than others?

\*\***Big Idea**: Everyone has unique characteristics and considers various traits to be important. Our unique combination of qualities is called our personality.

**HANDOUT [B]: MY PERSONALITY**

**PERSONALITY SURVEY**

1. Select **Who Am I** from the menu navigation on the left hand side of your screen
2. Complete the **Personality** assessment
3. Click **Add to Portfolio**, select **My CLE** **Portfolio** (+Add)
4. Click **View Report** and answer the following questions

🞏 What is your personality type? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

🞏 Explain your personality type. What are some of the characteristics listed in your report? Do they match the adjectives you used to describe yourself in Handout A?

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🞏 What do you think your most valuable personality trait is? Why?

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🞏 Why is it important to understand your personality type?

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