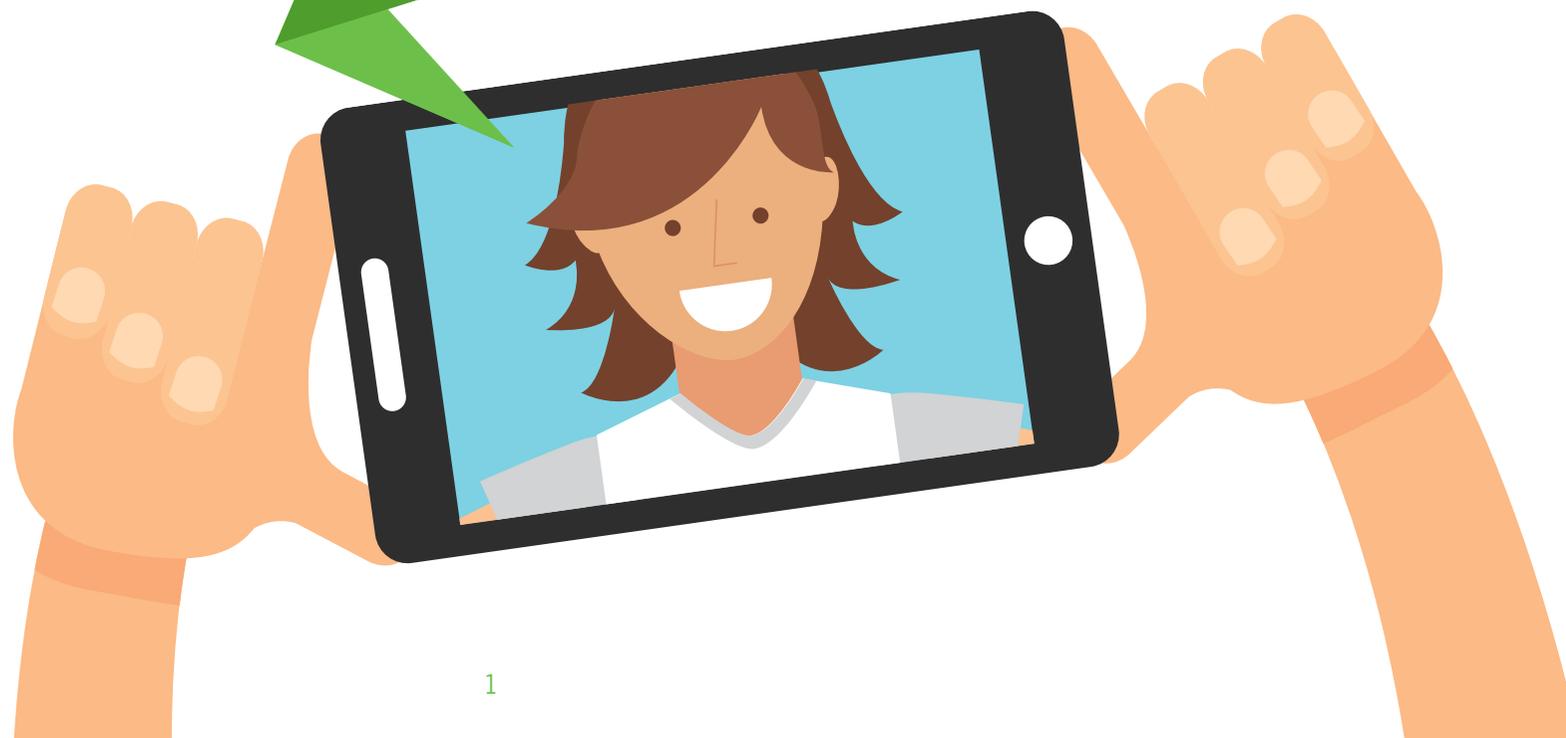


**PRESENTING
ME!**



AIMS



In this lesson you will:

- Reflect on your Guidance Related Learning so far.
- Create a poster all about you and what you have learned about yourself.

OUTCOMES



At the end of this lesson you will be able to:

- Create and present a poster presenting you!

PRESENTING ME!

MY GUIDANCE RELATED LEARNING



FIRST YEAR

- My School Year
- My School Supports
- My Goals
- My Values
- My Pathways

SECOND YEAR

- My Identity
- My Mindset
- My Unique Values
- My S.M.A.R.T Goals
- My Voice & How I Present Myself
- My Pathways

THIRD YEAR

- My Balanced Life
- My Skills
- My Subject Choice
- My Exploration of Careers
- My Options
- Presenting Me!

PRESENTING ME!



Create a Poster Presenting You!

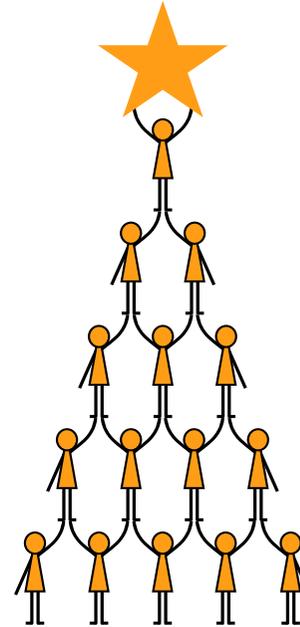
Be as creative as possible!

In your poster you should include the following:

People who can support you	Your Skills	Your Goals	Your Values	Your Identity	Your Role Model	Subjects you like	Your Options	Your favourite Growth Mindset Statement
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Afterwards you will present this poster in your small groups!

MY SUPPORTS



Reminder!

WHAT ARE SUPPORTS?

- Your supports are people who care about you.
- These can be people in school, at home or anywhere!
- For example: a class tutor, a year head, a certain teacher, people at home or in your neighbourhood.

To do!

Write the names of three people who can support you.

MY SKILLS



Reminder!

WHAT ARE SKILLS?

Skills are things you are good at:

This may include skills:

- you have had training for.
- you have from volunteering.
- you have from involvement in social activities.
- For Example: I am good at communicating. I speak to my parents and friends in a respectful way; I listen and speak in a way that others can understand me.

To do!

Write about some of your skills!

MY GOALS



Reminder!

WHAT IS A GOAL?

- A **“Goal”** is a desire/wish that is put into action through a plan.
- A **Goal** is like a target or something you shoot for.

To do!

- Write about a goal you achieved over the last three years!
- Write about a goal you would like to achieve before you finish post-primary school!

MY VALUES



Reminder!

WHAT ARE VALUES?

- Values are principles or standards of behaviour; one's judgement of what is important in life.
- Examples: Dependability, Reliability, Loyalty, Commitment, Open-mindedness, Consistency, Honesty.

To do!

Write about some of your values

MY IDENTITY



WHAT IS IDENTITY?

Identity is who I am!

- | | | | | | | | |
|--------------|--------------|---------------|---------------|--------------|--------------|-------------|--------------|
| academic | attractive | charming | courteous | deranged | efficient | exclusive | funny |
| accurate | beautiful | cheerful | crazycreative | detailed | elated | exuberant | generous |
| adaptable | boastful | clean | credible | determined | eminent | fair-minded | gentle |
| adorable | bold | comfortable | cultured | devoted | enchanting | fanatic | good-natured |
| adventurous | boundless | confident | curious | dignified | encouraging | faithful | great |
| affectionate | brave | clever | daring | dilligent | endurable | fashionable | gregarious |
| aggressive | bright | competent | dashing | disagreeable | emotional | feminine | gorgeous |
| agreeable | broad-minded | composed | dazzling | dynamic | empathetic | firm | haggard |
| alert | bungling | confident | debonair | discreet | energetic | flexible | handsome |
| alluring | calm | conscientious | decent | dominant | entertaining | fool | happy |
| ambitious | capable | conservative | decisive | dynamic | enthusiastic | forceful | healthy |
| amused | carefree | considerate | decorous | eager | ethical | formal | helpful |
| appreciative | careful | contrary | dedicated | earnest | excellent | frank | hermetic |
| artistic | caring | cool | deliberate | easygoing | exciting | friendly | high-flier |
| assertive | casual | cooperative | delightful | eccentric | excited | fun | hyperactive |
| athletic | cautious | courageous | demented | | | | |

To do!

List five words that describe who you are!

MY ROLE MODEL

Reminder!

WHAT IS A ROLE MODEL?

A role model is a person who you admire and think is inspirational.



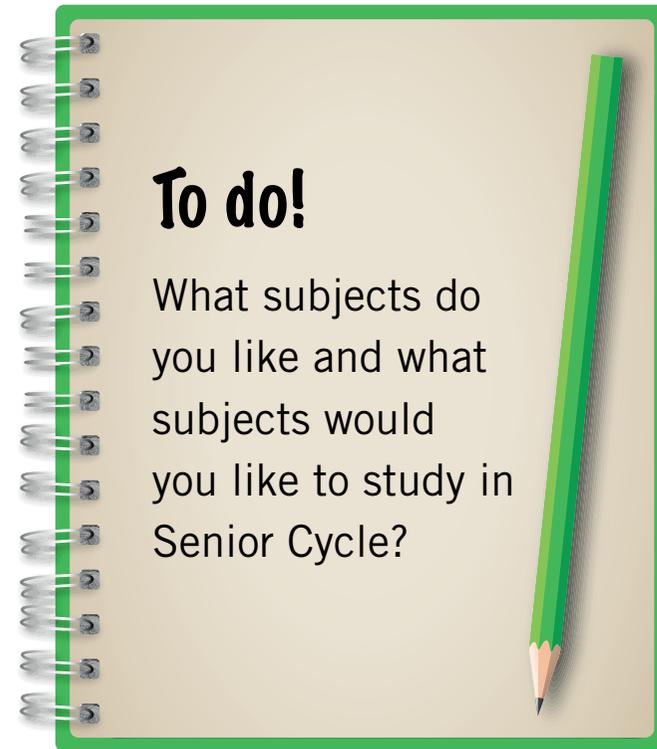
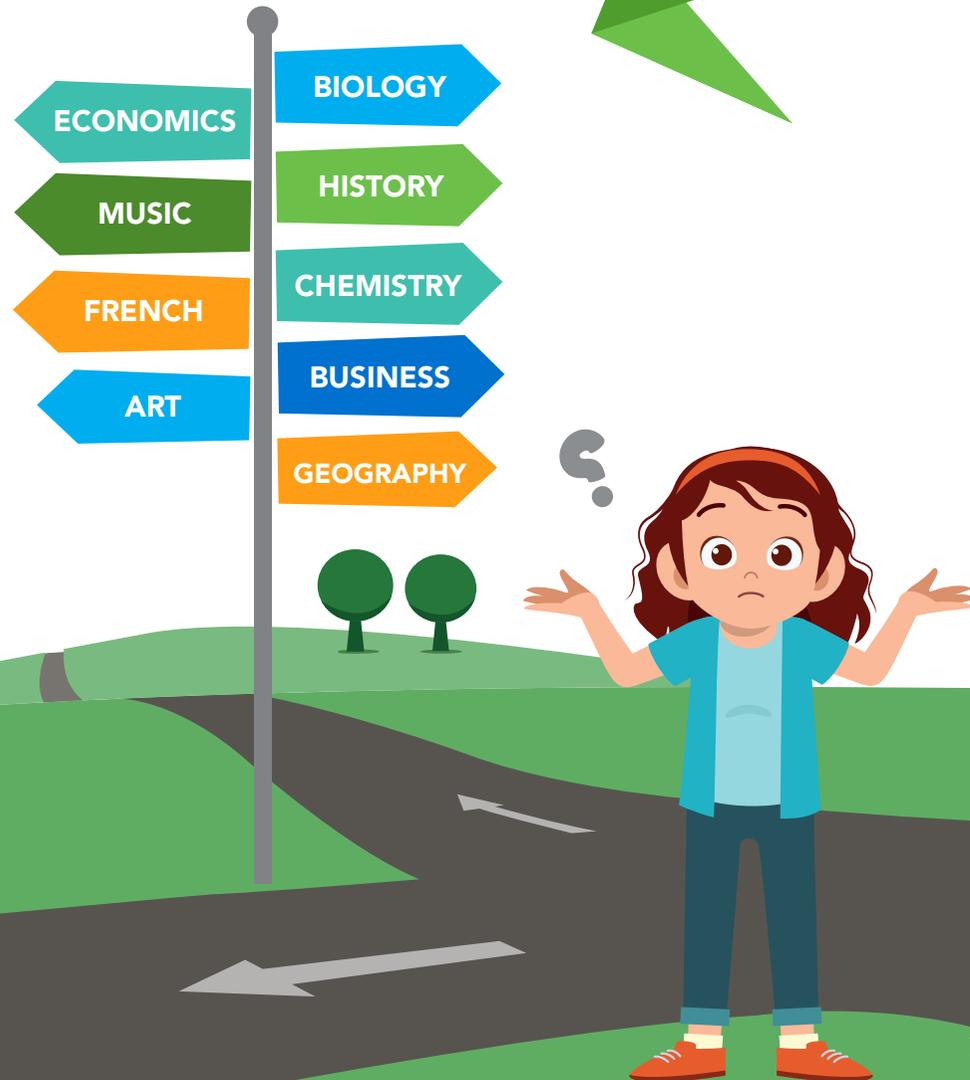
To do!

Write about your Role Model.

- Why this person is an inspiration to you.
- What you have learned from this person.
- Why this person is important in your life



MY SUBJECTS



MY OPTIONS



Reminder!

WHAT ARE SOME OF MY OPTIONS?

- Third Level Education
- Post Leaving Cert Courses (PLCs)
- Apprenticeships
- Graduate Programmes
- Employer Sponsored Programmes
- Study Abroad
- Work
- Work Experience
- Volunteering
- Gap Year
- Repeat Leaving Certificate

To do!

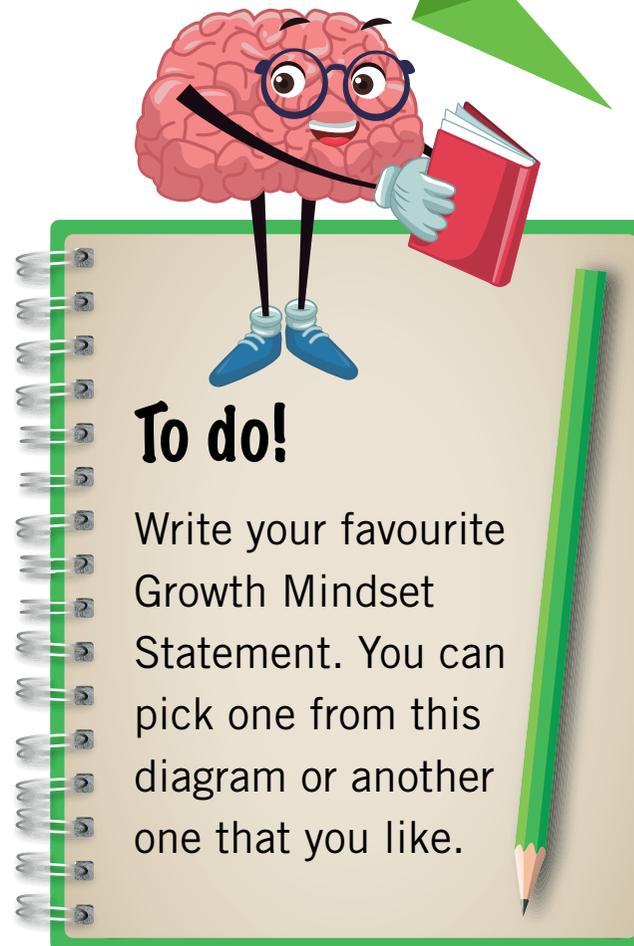
What are some of the options you would like to pursue after post-primary school?

MY FAVOURITE GROWTH MINDSET STATEMENT

Reminder!

WHAT ARE GROWTH MINDSET STATEMENTS?

Statements based around a belief that a person can get smarter or better; that effort makes someone stronger.



“I like to try new things”
“I can learn to do what I want”
“Failures offer opportunity & growth”

GROWTH MINDSET

“My intelligence can be developed”

“I embrace challenges”

“I learn from feedback”

“I keep trying and never give up”

“I am inspired by other people’s success”

“I know this will help me even though it is difficult”

“My mistakes help me grow”

PRESENT YOUR POSTER TO YOUR GROUP!

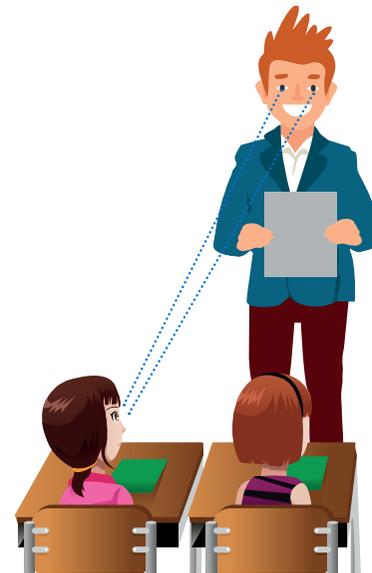
- Do you remember the lesson in Second Year on 'My Voice and How I present Myself?'
- This might help you when you are presenting your poster in your group!



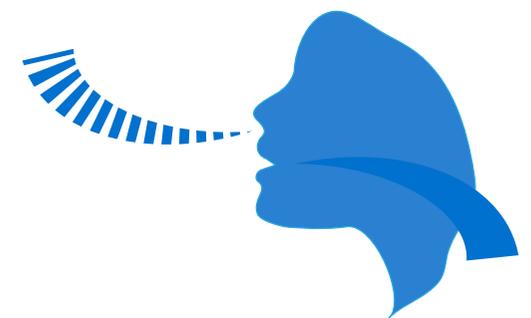
Smile



Stand with your feet still and apart



Make Eye-contact!



Breathe Slowly and Deeply

PRESENTING ME!



Create a Poster Presenting You!

Be as creative as possible!

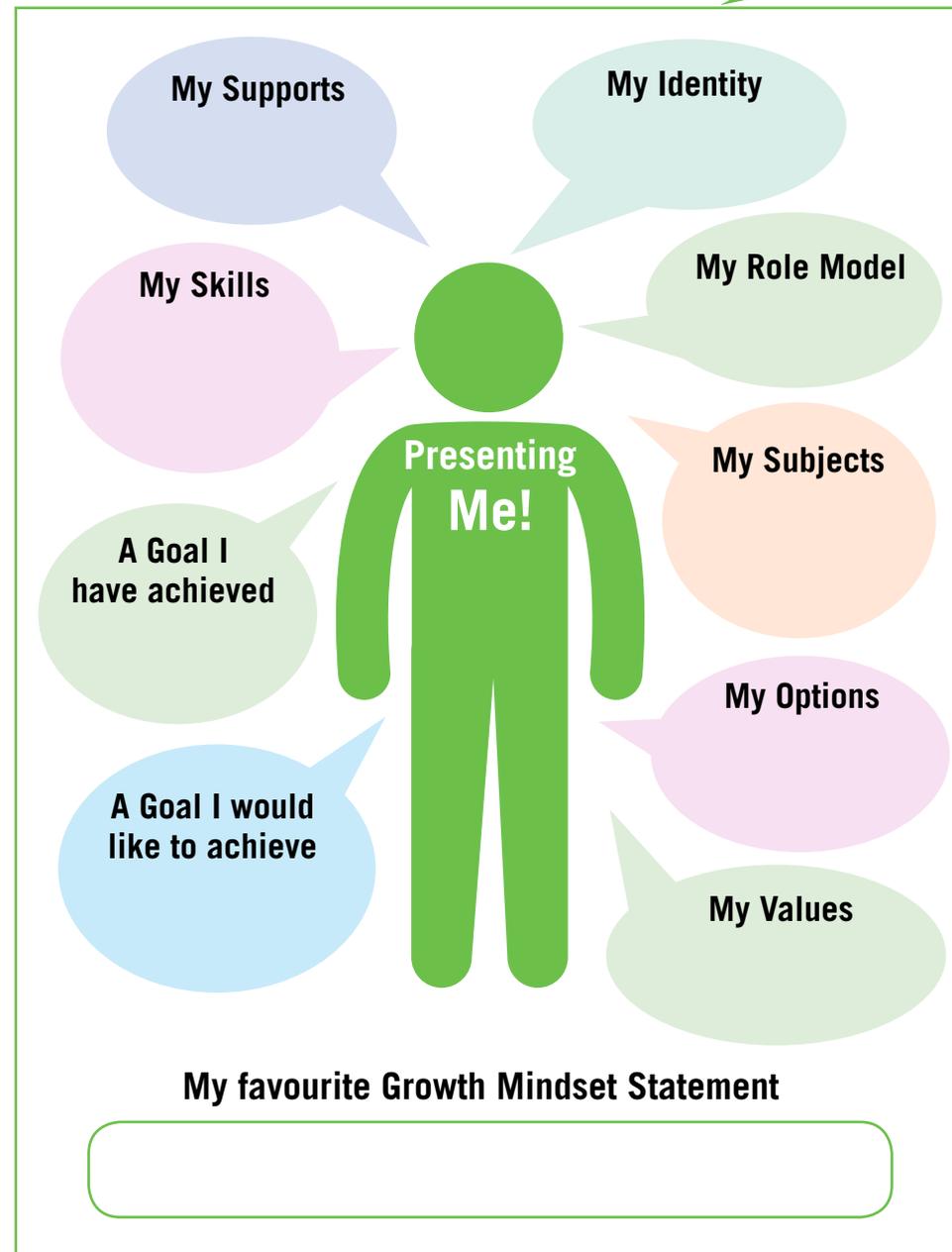
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Afterwards you will present this poster in your small groups!

HOW DO I PRESENT THE POSTER?

AN IDEA OF HOW IT MIGHT LOOK



CLASS FEEDBACK AND REFLECTION!

- 
- How did you find this exercise?
 - Did you like talking about yourself?
 - Did you like listening to others talking about themselves?
 - What have you learned in your Guidance Related Learning that has had the greatest impact on you?
 - What else would you like to learn in your Guidance Related Learning Classes?

CONSOLIDATION OF LEARNING

Can you...

- Create a poster about yourself and present it to your group