

- In this activity, students identify adjectives that describe their positive personal qualities and practice using a dictionary and a thesaurus.
- Open discussion with the idea that each of us is unique and has special qualities.
- Engage the class in brainstorming a list of positive adjectives that can be used to describe people.
- Group students into teams of three. Give each team a dictionary and a thesaurus.
- Explain to students that they are to brainstorm a list of adjectives that can be used to describe each other's personal qualities.
- Each student writes his/her first name vertically. The student is to use each letter of his/her name as the first letter of a positive adjective he/she chooses to describe self, either from classmates' list or his/her own. If the student's name contains fewer than five letters, the student will write additional adjectives for a total of at least five.
- Tell students to use the dictionary and thesaurus to find positive adjectives.
- Share an example of a completed "name" with positive adjectives for each letter.

Part Two—Career Development Connections

- Have students share their "names" with the class.
- Continue discussion by asking students to describe qualities of a good friend. List them on the board. Are some of those qualities the same as for a good worker (employee)?
- Remind students that their positive personal qualities are what make us successful in our personal lives, in our relationships with others, in school, and at work.
- Optional: The student's work can serve as an artifact in a career portfolio.

Crosswalks

SC Career Guidance Standard/Competency

Learning to Work Standard 1. Students will understand the relationship among personal qualities, education and training, and the world of work.

Competency 1.3. Explore personal skills and talents.

Key Employability Skills

Communication Skills—Writing

Interpersonal Skills—Teamwork

Self-Esteem—Believes in self, has positive view of self

* Adapted from *Career Development Tool Kit Grades 6-8*, Linda Kobylarz & Associates, 2000. Used with permission.