



Assignment 2.1: Examine Your Strengths, Weaknesses, and Values

1 to 2 hours (24 marks)

You will need to hand in this assignment, along with the other assignments from this module.

Answer the following questions in the space provided. To help you focus your answers, keep in mind the universal values: honesty, equity, responsibility, justice, respect, consideration, and commitment. You will be marked on how completely you answer each question.

Looking Within

1. What would I like to be or what have I been most successful at in my life? (2 marks)

2. What personal values would help me or did help me get there? (2 marks)

3. What could stand in my way of becoming successful? (2 marks)

My Strengths

1. How would a close friend describe me? (E.g., kind, organized) (2 marks)

2. How would my parent(s)/guardian(s) describe me? (2 marks)

(continued)

(continued)

3. How would I like other people to describe me? (2 marks)

My Weaknesses

1. What could I improve at home? at school? with my friends? (E.g., keep room tidy, be on time) (2 marks)

2. When working with a group of peers, what skills do I hope someone else will bring to the group? (2 marks)

3. Why is it important to have a positive self-concept or be able to accept myself? (2 marks)

My Values

1. What do I value most? Why? (Try not to think of materialistic items or belongings.)
(E.g., I value "respect" the most because I want everyone to feel liked and included.)
(2 marks)

2. What do I value the least? Why? (2 marks)

3. If there was one thing I would never give up it would be... (2 marks)
