

# Self-discovery

By  
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# Outline

1. Self-Reflection Session(40 min)
2. Group discussion(15 min)
3. Break (30min)
4. Discover Interests activity (20 min)
5. Online assessment (30 min)
6. Career choices(30 min)
7. Group discussion(15 min)
8. Q&A + Wrap up(15min)

# Self-Reflection Discussion

- What are my values?
- What are my strengths and weaknesses?
  - Which of my skills do I feel most confident in?
  - Where do I see myself in five years? Ten years?
- How do I perform?
  - Which three accomplishments am I most proud of overall?
  - In what ways am I typical? In what ways am I unique?
- How can I contribute?
- Where do I belong?
- What is my controlling temperament?

# What are my Strengths?

- How can I identify my strengths?
- What do I do very well, without much effort?
- How can I use my strengths to my advantage?
- Are my strengths being affected by my habits?
- Do I listen to people when they are giving me feedback?
- Where can my strengths take me in the next 5 or 10 years?

# How do I perform?

- How do I acquire Knowledge?
- Am I a listener or a reader?
- Do I like hands-on or observation?
- Do I like working alone or with others?
- Do I like learning with music or without music?

**Using the strengths you identified, work to improve how you perform!**

# What are my Values?

## ➤ **Values**

- What do you consider very important ?
- What are your core beliefs?

## ➤ **Ethics**

- What do you consider the right thing to do?
- Can you pass the 'Mirror Test?'

# Small group discussion

1. In a group of 3, share your values, how you perform, your strengths, weaknesses that you are comfortable sharing.
2. Discuss among the 3 of you why you think knowing these things about yourself will help you in your future educational and career endeavors.
3. Choose one person to represent your group in presenting what you discussed about.

Break



# Where do I belong?

- “Most people, ..., do not really know where they belong until they are well past their mid-twenties” (Drucker, 2005).
- If you don't know where you belong, at least try and figure out where you do not belong!
- What are my interests in life?
- What do I love doing ?

# Discover Interest Activity

**Lincoln**



**Suzuki**



**Mazda**



**Chevrolet Traverse**



**2022 BMW M3&M4**



**Range Rover Evoque**



**Toyota RAV4**



**Tesla Model S**



**Jeep**



**Bugatti**



**Lamborghini**



**Ferrari Enzo**



# Take this test online!

Your free career test:

<https://www.yourfreecareertest.com/career-tests/free-career-test-for-students/>

# Career choices Activity

Watch this video:

<https://maformationenvideo.ca/comment-choisir-son-metier>

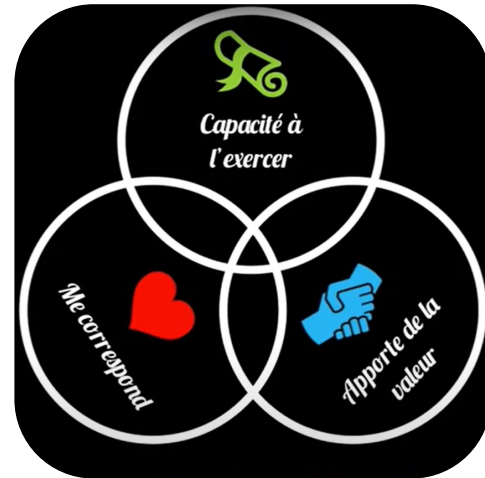


# Small group discussion + Career Choice

Find another group of 3 different from the first one.

1. Using the video you just watched, the results of your career test, and everything else we have discussed so far, try and map out some of your ideal Jobs, or what you want to do with your life.

Use this map



# How can I contribute?

- What does the situation require?
- Given my strengths, ways of performing, and values, how can I make the needed contribution?
- What results have to be achieved to make a difference?

# Debrief

**What have I learned from this session?**

# Homework

Find your temperament: Use this [link](#)

# Thank you!



# Self-Reflection Activity

- Where do I see myself in five years? Ten years?
- What am I most proud of in my career?
- Which of my skills do I feel most confident in?
- Did I earn any academic recognitions that establish my expertise in a field or topic related to this job?
- Have I earned any professional certificates that are applicable to this job and should be included?
- What have been the most important responsibilities I've had?
- What are my top five professional skills?
- Which three accomplishments am I most proud of overall?
- In what ways am I typical? In what ways am I unique?
- What are my professional strengths and weaknesses?
- To what level do I make decisions regarding my professional career?