



Welcome to

This year, you'll be asked to really think about where you're interested in attending high school. It's important to start thinking about what you want for yourself – for this year, high school, and beyond. Your True2U mentors are here to help you with that.

This year, we'll focus on learning more about:

Who you are.

**What you're
interested in.**

**Careers you might
want to pursue.**

You'll meet with your mentors, typically **one day a month for two hours**.

This is a program about you and your future.

During your sessions, you'll do activities and have discussions that will help you think more about yourselves and your interests. The goal of True2U is to think about who you are, who you want to be, and what steps you need to take to get there. Your mentors want you to think about your strengths and interests and how those things factor into your plans for high school and beyond.

True2U started with a Program Kickoff to help you learn more about what to expect during the program. You'll participate in 7 sessions throughout the school year. Each session will focus on a topic related to your future. We hope you'll take this journey with us to learn more about your high school options and the opportunities in your career pathway exploration.

Most things we do in life are as rewarding and fulfilling as we make them – we get out of them the effort and dedication that we put in.

We can't think of anything more important, so we're going to put in the effort and dedication, and we hope you will too, because this is all for you.

**Favorite Free Time
Activity or Hobby**

**Your Future
Career Goals**

Name

Your Strengths

**Your Favorite
Subject**

The Pet Race

Four children (Jay, Kay, Leon, and Mark) enter their pets (rabbit, frog, turtle, and puppy) into a race. Use the clues below to figure out which child has each pet and what place each pet finished in the race.

	Rabbit	Frog	Turtle	Puppy	First	Second	Third	Fourth
Jay								
Kay								
Leon								
Mark								

Clues:

1. Jay's rabbit did not win the race.
2. Kay finished right after Jay.
3. Leon does not have a frog and did not finish second.
4. Mark's pet finished right after the puppy.
5. Kay does not own a reptile or amphibian. Her pet finished in 3rd place.

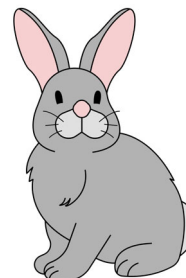
Answers:

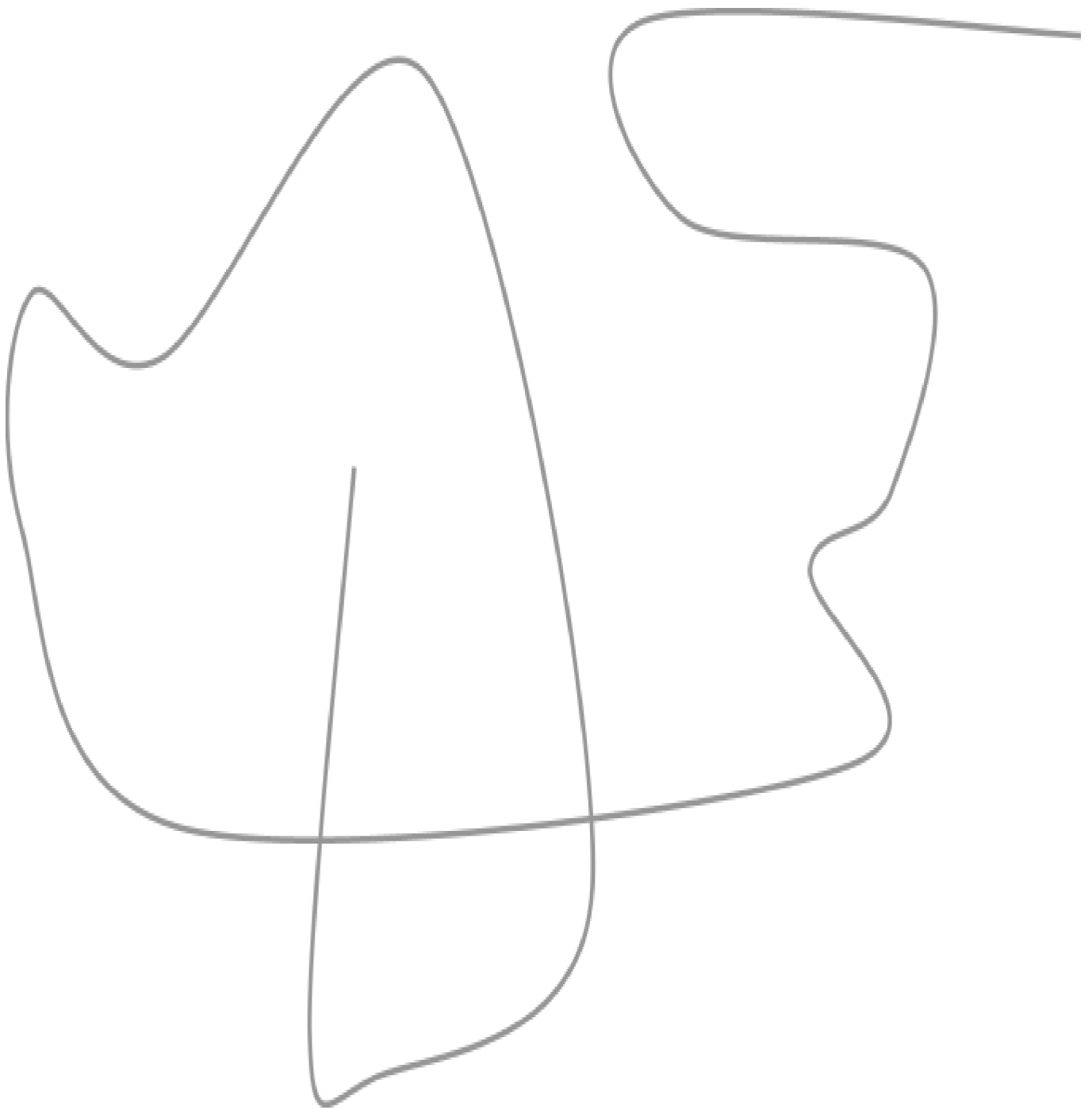
Jay's pet is a _____ and finished in _____ place.

Kay's pet is a _____ and finished in _____ place.

Leon's pet is a _____ and finished in _____ place.

Mark's pet is a _____ and finished in _____ place.





Strengths Inventory

Check the box if the statement is true for you. Then, total up the number of checks per row.

1	I enjoy trying new things and also thinking up new ways of doing things.	I enjoy learning about subjects or topics that are unfamiliar to me.	I'm not afraid to ask questions and will do so until I understand.	I can easily adapt to new or different situations.	Self-expression is important to me.	Total checks in this row: _____
	☐	☐	☐	☐	☐	

2	I find it helpful to receive constructive criticism.	I am open to new ideas, even when they're different from my own.	When working on a team, I focus more on the team's success than my own.	I often celebrate the achievements of my friends and peers.	If someone is different from me, I work hard to try and understand them.	Total checks in this row: _____
	☐	☐	☐	☐	☐	

3	I can inspire others to see my vision or understand an idea I have.	I take responsibility when an idea I have doesn't quite work out.	I enjoy making decisions based on feedback from multiple people.	I work hard to communicate clearly and openly, especially about problems.	My family/friends often look to me to solve problems.	Total checks in this row: _____
	☐	☐	☐	☐	☐	

4	I enjoy listening to and hearing about the lives of others.	I offer help and support without the expectation of getting anything in return.	I am polite and respectful to others, regardless of who they are or who's watching.	When listening to someone, I am patient and try to give them my full attention.	I am not quick to judge others and instead seek to understand.	Total checks in this row: _____
	☐	☐	☐	☐	☐	

5	I enjoy finding ways to apply things I already know to new situations.	I ask a lot of questions or do research to understand things better.	I look at all the available information before coming to my own conclusions.	I adjust my conclusions when I get new or different information.	I reflect on how my biases and experiences shape my thinking.	Total checks in this row: _____
	☐	☐	☐	☐	☐	

6	I tend to think about what I'm going to say before I say it, both in person and online.	When getting to know someone, I ask them questions about themselves.	I am honest and authentic and don't lie or misrepresent the truth when communicating.	I respond to communication promptly and clearly, whether verbal or written.	I can debate my ideas with another person without getting upset or being rude.	Total checks in this row: _____
	☐	☐	☐	☐	☐	
7	I will take a stand on the issues and ideas that are important to me.	I can clearly identify my values and try to act in ways that are true to them.	I embrace challenges and the opportunity for self improvement.	I'm not afraid to be wrong and will openly admit when I've made mistakes.	I tend to face issues head-on, rather than shy away from them.	Total checks in this row: _____
	☐	☐	☐	☐	☐	
8	Once I start something, I'm determined to finish it.	I often set goals for myself, sometimes years into the future.	I'm not easily discouraged by setbacks, instead seeing them as opportunities for growth.	I can change gears quickly when my plans don't go as intended.	I can stay focused on my goals even when faced with distractions.	Total checks in this row: _____
	☐	☐	☐	☐	☐	

Tally up all your checks in each of the rows. Which 3 rows have the most checks?

One or two with few or no checks can be obstacles to work on.

1. Creativity - using your imagination to come up with new and original ideas.	2. Collaboration - working well with a partner or group to reach a shared goal.
3. Leadership - guiding and motivating a group of people in a positive way.	4. Kindness - treating others with respect, care, and empathy, especially in sensitive situations.
5. Critical Thinking - carefully analyzing and evaluating information, topics, or problems to make good decisions.	6. Communication - clearly sharing and explaining your thoughts and ideas while also listening well to others.
7. Self-Advocacy - understanding yourself, knowing what you need, and clearly communicating those needs to others.	8. Adaptability - adjusting how you handle a task or challenge and continuing to try, even if your first attempt doesn't work.

Session 1 Reflection

1) What is your top strength?

2) How can your top strength help you in the future when thinking about your career?

3) For strengths that were not in your top 3, which would you like to work on or get better at and why?

4) What steps can you take to improve on the strength(s) you listed in question 3?

5) Circle the areas of life that you want to know more about. (You can circle more than one)

Trade School

Interviews

High School

Finances / Money

Health & Wellbeing

College

Work / Life Balance

Jobs

Career Clusters Interest Inventory

Directions: Check the items for each Cluster that best describe you. **Add up the number of checks for each Cluster and add to the total box.** You may select as many or few as you want for each Cluster question. After you complete the inventory, look to see which three Clusters have the highest numbers. Find the corresponding Career Clusters at the end of this survey to see which Career Clusters you may want to explore.

CLUSTER 1	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Learn how things grow and stay alive. ☐ Make the best use of the earth's natural resources like planting a garden. ☐ Hunt and/or fish. ☐ Protect the environment. ☐ Be outdoors in all kinds of weather. ☐ Plan, budget, and keep records. ☐ Operate machines and keep them in good repair.	☐ Self-reliant ☐ Nature lover ☐ Physically active ☐ Planner ☐ Creative problem- solver	☐ Math ☐ Life Sciences ☐ Earth Sciences ☐ Social Studies	Cluster 1
CLUSTER 2	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Picture in my mind what a finished product looks like. ☐ Work with my hands. ☐ Perform work that requires precise results. ☐ Solve technical problems. ☐ Visit and learn from beautiful, historic, or interesting buildings. ☐ Follow logical, step-by-step procedures.	☐ Curious ☐ Good at following directions ☐ Pay attention to detail ☐ Good at visualizing possibilities ☐ Patient and persistent	☐ Math ☐ Physical Sciences ☐ Algebra ☐ Social Studies	Cluster 2
CLUSTER 3	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Use my imagination to communicate new information to others. ☐ Perform in front of others. ☐ Read and write. ☐ Play a musical instrument. ☐ Perform creative, artistic activities. ☐ Use video and recording technology. ☐ Design brochures and posters.	☐ Creative and imaginative ☐ Good communicator/ good vocabulary ☐ Curious about new technology ☐ Relate well to feelings and thoughts of others ☐ Determined/tenacious	☐ Art/Graphic design ☐ Music ☐ Drama ☐ Language Arts ☐ Audiovisual Technologies	Cluster 3
CLUSTER 4	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Perform routine, organized activities but can be flexible. ☐ Work with numbers and detailed information. ☐ Be the leader in a group. ☐ Work with computer programs. ☐ Create reports and communicate ideas. ☐ Plan my work and follow instructions without close supervision.	☐ Organized ☐ Practical and logical ☐ Patient ☐ Tactful ☐ Responsible	☐ Computer Applications ☐ Technology ☐ Math ☐ English ☐ Social Studies	Cluster 4
CLUSTER 5	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Communicate with different types of people. ☐ Help others with their homework or to learn new things. ☐ Go to school. ☐ Direct and plan activities for others. ☐ Acquire new information. ☐ Help people overcome their challenges.	☐ Friendly ☐ Decision maker ☐ Helpful ☐ Innovative/Inquisitive ☐ Good listener	☐ Language Arts ☐ Social Studies ☐ Math ☐ Science	Cluster 5

CLUSTER 6	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Work with numbers. ☐ Work to meet a deadline. ☐ Make predictions based on existing facts. ☐ Have a framework of rules by which to operate. ☐ Analyze financial information and interpret it to others. ☐ Handle money with accuracy and reliability. ☐ Take pride in the way I dress and look.	☐ Trustworthy ☐ Orderly ☐ Self-confident ☐ Logical ☐ Methodical or efficient	☐ Social Studies ☐ Language Arts ☐ Math	Cluster 6
CLUSTER 7	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Be involved in politics. ☐ Defend and debate ideas and topics. ☐ Plan activities and work cooperatively with others. ☐ Work with details. ☐ Perform a variety of duties that may change often. ☐ Analyze information and interpret it for others. ☐ Travel and see things that are new to me.	☐ Good communicator ☐ Competitive ☐ Service minded ☐ Well organized ☐ Problem solver	☐ Government ☐ Language Arts ☐ History ☐ Math ☐ Foreign Language	Cluster 7
CLUSTER 8	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Work under pressure. ☐ Help sick people and animals. ☐ Make decisions based on logic and information. ☐ Respond quickly and calmly in emergencies. ☐ Work as a member of a team. ☐ Follow guidelines precisely and meet strict standards of accuracy.	☐ Compassionate and caring ☐ Good at following directions ☐ Conscientious and careful ☐ Patient ☐ Good listener	☐ Biological Sciences ☐ Math ☐ Health Class ☐ Language Arts	Cluster 8
CLUSTER 9	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Investigate new places and activities. ☐ Work with all ages and types of people. ☐ Organize activities in which other people enjoy themselves. ☐ Help people make up their minds. ☐ Communicate easily, tactfully, and courteously. ☐ Learn about other cultures.	☐ Tactful ☐ Self-motivated ☐ Work well with others ☐ Friendly ☐ Slow to anger	☐ Language Arts/Speech ☐ Social Sciences ☐ Cooking ☐ Family and Consumer Sciences	Cluster 9
CLUSTER 10	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Care about people, their needs, and their problems. ☐ Participate in community services and/or volunteering. ☐ Listen to other people's viewpoints. ☐ Help people be at their best. ☐ Think of new ways to do things. ☐ Make friends with different people.	☐ Good communicator/good listener ☐ Caring ☐ Uses intuition and logic ☐ Non-judgmental	☐ Language Arts ☐ Family and Consumer Sciences	Cluster 10

CLUSTER 11	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Reason clearly and logically to solve complex problems. ☐ Use machines, techniques, and processes. ☐ Read technical materials and diagrams to solve technical problems. ☐ Adapt to change. ☐ Play video games and figure out how they work. ☐ Concentrate for long periods without being distracted.	☐ Logic/analytical thinker ☐ See details in the big picture ☐ Persistent ☐ Good concentration skills ☐ Precise and accurate	☐ Math ☐ Science ☐ Keyboarding ☐ Communications	Cluster 11
CLUSTER 12	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Make decisions based on my own observations. ☐ Interact with other people. ☐ Be in positions of authority. ☐ Respect rules and regulations. ☐ Debate and win arguments. ☐ Observe and analyze people's behavior.	☐ Adventurous ☐ Dependable ☐ Community-minded ☐ Decisive ☐ Optimistic	☐ Language Arts ☐ History ☐ English	Cluster 12
CLUSTER 13	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Work with my hands and learn that way. ☐ Put things together. ☐ Do routine, organized, and accurate work. ☐ Perform activities that produce tangible results. ☐ Apply math to work out solutions. ☐ Use hand and power tools and operate equipment/machinery. ☐ Visualize objects in three dimensions from abstract drawings.	☐ Practical ☐ Observant ☐ Physically active ☐ Step-by-step thinker ☐ Coordinated	☐ Math ☐ Algebra ☐ Language Arts ☐ Technology	Cluster 13
CLUSTER 14	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Shop and go to the mall. ☐ Be in charge. ☐ Make displays and promote ideas. ☐ Give presentations and enjoy public speaking. ☐ Persuade people to buy products or to participate in activities. ☐ Communicate my ideas to other people. ☐ Take advantage of opportunities to make extra money.	☐ Enthusiastic ☐ Competitive ☐ Creative ☐ Self-motivated ☐ Persuasive	☐ Language Arts ☐ Math ☐ History ☐ Technology	Cluster 14
CLUSTER 15	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Find the answers to questions. ☐ Work in a laboratory. ☐ Figure out how things work and investigate new things. ☐ Explore new technology. ☐ Experiment the best way to do something. ☐ Pay attention to details and help things be precise.	☐ Detail oriented ☐ Inquisitive ☐ Objective ☐ Methodical ☐ Mechanically inclined	☐ Math ☐ Science ☐ Technology Education	Cluster 15

CLUSTER 16	Activities that describe what I like to do:	Personal qualities that describe me:	School subjects that I like:	Total number
	☐ Travel. ☐ Able to focus and have quick reflexes. ☐ Solve mechanical problems. ☐ Design efficient processes. ☐ Anticipate needs and prepare to meet them. ☐ Move things from one place to another.	☐ Realistic ☐ Mechanical ☐ Coordinated ☐ Observant ☐ Planner	☐ Math ☐ Language Arts ☐ Physical Sciences	Cluster 16

Circle your top 3 Careers Clusters?

Cluster 1 Agriculture, Food & Natural Resources	Cluster 2 Architecture & Construction	Cluster 3 Arts, A/V Technology & Communications	Cluster 4 Business, Management & Administration
Cluster 5 Education & Training	Cluster 6 Finance	Cluster 7 Government & Public Administration	Cluster 8 Health Science
Cluster 9 Hospitality & Tourism	Cluster 10 Human Services	Cluster 11 Information Technology	Cluster 12 Law, Public Safety, Corrections & Security
Cluster 13 Manufacturing	Cluster 14 Marketing, Sales & Service	Cluster 15 Science, Technology, Engineering & Mathematics	Cluster 16 Transportation, Distribution & Logistics



Wildlife Biologist



Wastewater
Systems Operator



Veterinarian



Food Inspector



Pest Control



Animal Caretaker

Agriculture, Food & Natural Resources

Production, processing, distribution, financing, and development of agricultural products and resources.



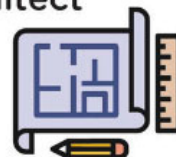
Civil Engineer



Interior Designer



Electrician



Architect



HVAC Technician



Building Inspector

Architecture & Construction

Designing, planning, managing, building, and maintaining the built environment.



Fashion Designer



News Reporter

Arts, Audio/Video Technology & Communications

Designing, producing, exhibiting, performing, writing,
and publishing multimedia content.



Actor

Graphic Designer



Production
Crew

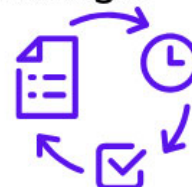


Author



Administrative
Assistant

Facilities Manager



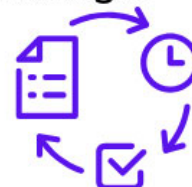
Business, Management & Administration

Planning, organizing, directing, and
evaluating business functions.

Bookkeeper



Facilities Manager



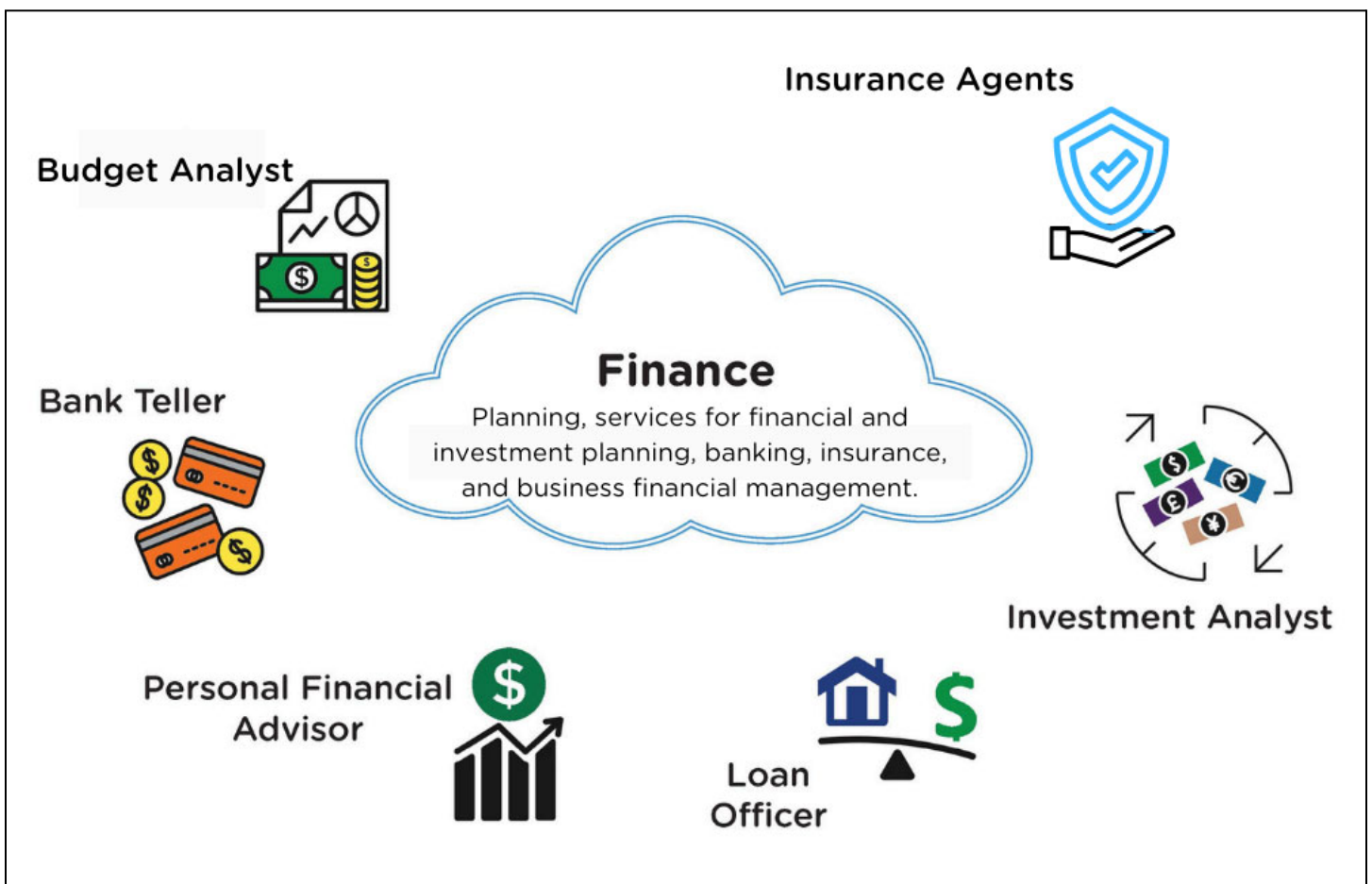
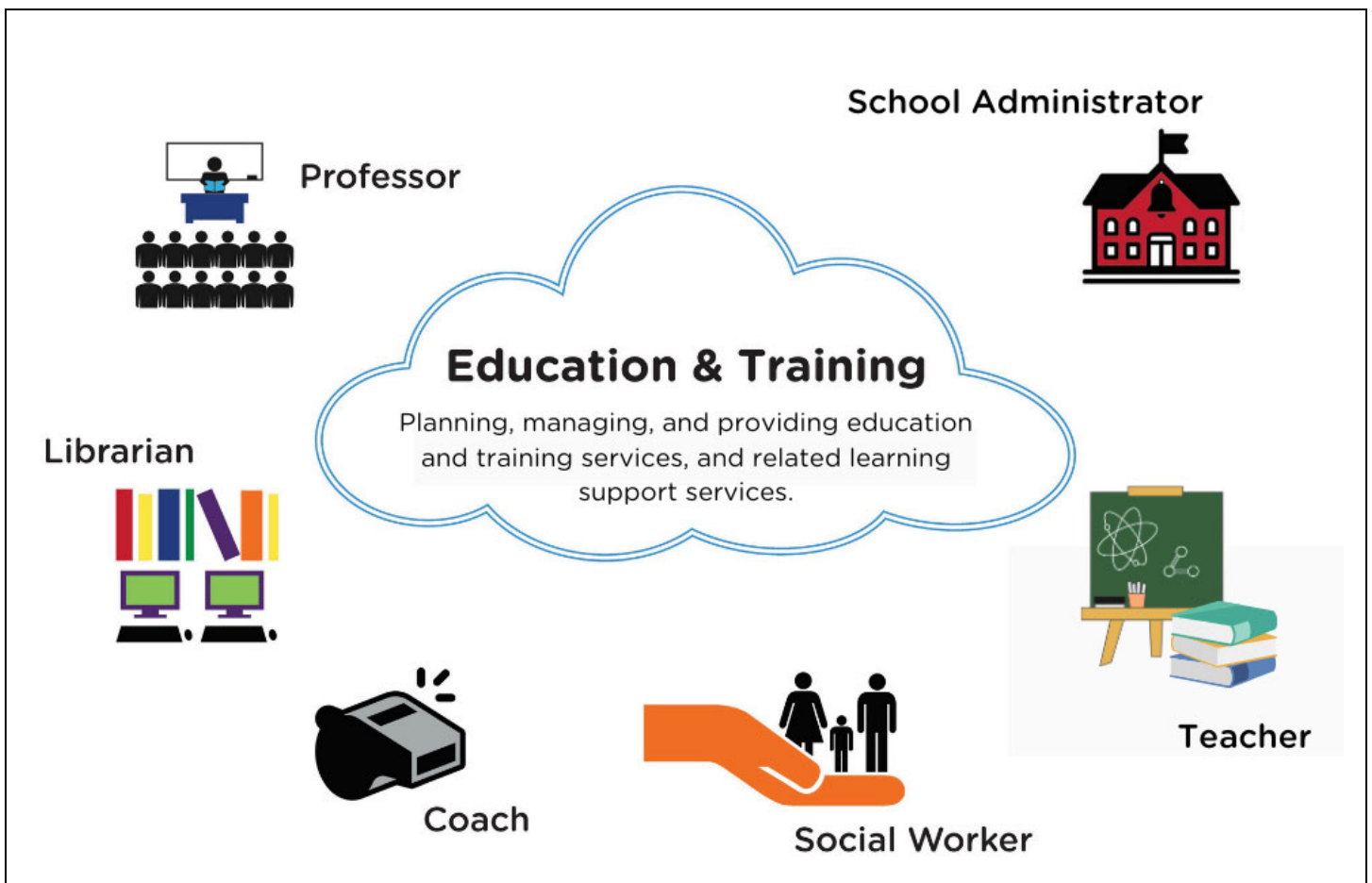
Sports Agent



Retail
Salesperson



Accountant



Elected
Official



Transportation
Security



Postal Worker

Government & Public Administration

Planning and performing government functions at the local, state, and federal levels.

City Manager



City Planner



Military



Nurse

Occupational
Therapist



Physical Therapist

Health Science

Managing, and providing therapeutic, diagnostic, and support services, health informatics, and biotechnology research and development.

Doctor

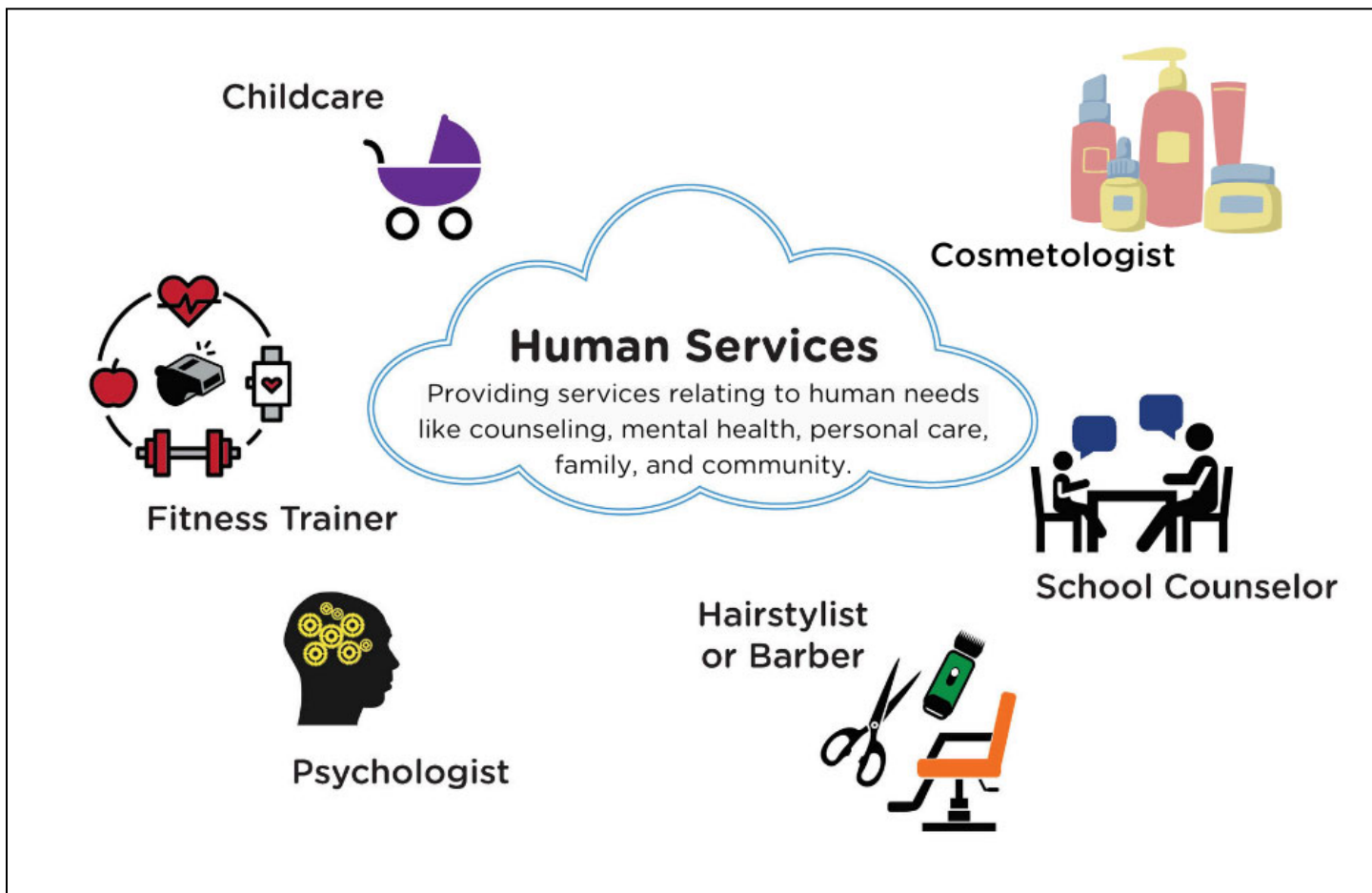


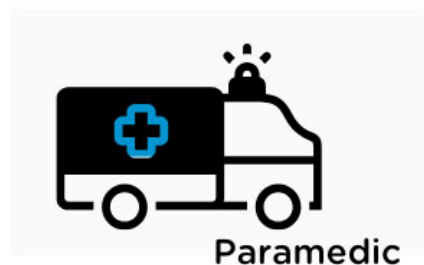
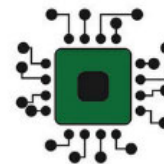
Orthodontist



Research Scientist







Food Processor



Welder



Manufacturing

Planning, managing, and performing the processing of materials into products and related professional and technical support activities.



Machinist

Appliance Repair Technician



Quality Control Analyst



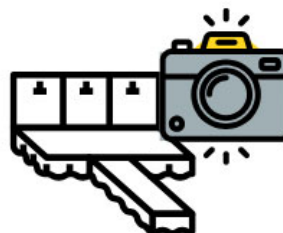
Team Assemblers

Marketing, Sales & Service

Planning, managing, and performing marketing activities to reach organizational objectives.



Telemarketer



Model



Sales Executive



Spokesperson



Real Estate Agent



Advertising Manager



Hazardous Waste Technician



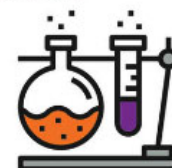
Astronomers



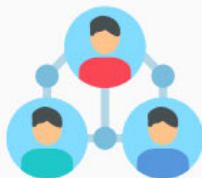
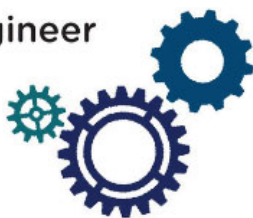
Science, Technology, Engineering & Mathematics

Planning, managing, and providing scientific research and professional and technical services.

Chemist



Engineer



Sociologist

Data Scientist



Bus Driver



Flight Attendant

Transportation, Distribution & Logistics

Planning, management, and movement of people, materials, and goods by road, pipeline, air, rail, and water, and related professional support services.



Safety Analyst



Motor Vehicle Inspector



Logistics Manager



Air Traffic Controller

What does **Say Yes Cleveland** mean for our school?



- **Family Support Specialists** to connect students and families with the services they need
- **Support Services** like afterschool and summer programs, free legal assistance, and mental health services, in all CMSD schools by 2023
- **College tuition scholarships** available to all CMSD students who live within the city of Cleveland or CMSD boundaries, and have been enrolled in a CMSD (or partner charter) high school, from 9th grade through graduation
- **Say Yes Scholarships** can be used at all public Ohio universities, community colleges, and Pell-eligible career certification programs, as well as over 100 private colleges and universities across the nation.

Visit SayYesCleveland.org to learn more



High Schools by Career Cluster

If your career cluster is...	You might consider...	
Agriculture, Food, and Natural Resources	• Bard • Campus International • East Tech	• Rhodes School of Environmental Studies • Rhodes College and Career Academy
Architecture and Construction	• Bard • Campus International • Cleveland School of Architecture and Design	• Max Hayes • Rhodes College and Career Academy
Arts, Audio/Video Technology, and Communications	• Bard • Campus International • Cleveland High School for the Digital Arts	• Cleveland School of the Arts • Rhodes College and Career Academy
Business Management and Administration	• Bard • Campus International • East Tech • Ginn	• John Marshall Civic and Business Leadership • Rhodes College and Career Academy
Education and Training	• Bard • Campus International	• Ginn • Rhodes College and Career Academy
Finance	• Bard • Campus International • East Tech	• Rhodes College and Career Academy • Rhodes School of Environmental Studies
Government and Public Administration	• Bard • Campus International • East Tech • Facing History • Ginn	• John Marshall Civic and Business Leadership • Lincoln West School of Global Studies • Rhodes College and Career Academy
Health Science	• Bard • Campus International • Cleveland School of Science and Medicine • Glenville	• Lincoln West School of Science and Health • Rhodes College and Career Academy
Hospitality and Tourism	• Bard • Campus International	• East Tech • Rhodes College and Career Academy

If your career cluster is...	You might consider...
Human Services	• Bard • Campus International • East Tech • Facing History • Garrett Morgan Leadership and Innovation • Ginn • Lincoln West School of Global Studies • Rhodes College and Career Academy
Information Technology	• Bard • Campus International • Collinwood • Facing History • Garrett Morgan Leadership and Innovation • John Adams College and Career Academy • John Marshall School of Information Technology • Max Hayes • MC2STEM • New Tech West • Rhodes College and Career Academy
Law, Public Safety, Corrections, and Security	• Bard • Campus International • Davis Aerospace and Maritime • Ginn • Glenville • Rhodes College and Career Academy
Manufacturing	• Bard • Campus International • John F. Kennedy • Max Hayes • Rhodes College and Career Academy
Marketing, Sales, and Service	• Bard • Campus International • East Tech • Rhodes College and Career Academy
Science, Technology, Engineering, and Math	• Bard • Campus International • Cleveland Early College • Cleveland School of Architecture and Design • Cleveland School of Science and Medicine • Collinwood • Davis Aerospace and Maritime • East Tech • Facing History • Garrett Morgan Engineering and Innovation • John Marshall School of Engineering • John Marshall School of Information Technology • Lincoln West School of Science and Health • Max Hayes • MC2STEM • New Tech West • Rhodes College and Career Academy
Transportation, Distribution and Logistics	• Bard • Campus International • East Tech • Max Hayes • Rhodes College and Career Academy

Session 2 Reflection

This activity will help make connections between careers and high schools. In the blue box, list a career or a few related careers you're interested in. In the green box, write the career cluster the career(s) belongs in. In the yellow box, list 1-2 high schools that focus on that career cluster. In the second row of boxes, repeat the process for another career you're interested in.

Career		Career Cluster		High School

1. Are the high schools in the yellow boxes schools you're interested in? Why or why not?
2. List at least 3 resources you have that can help you learn more about the high schools and careers you're interested in.
3. Why do you think the career you're interested in is a good fit for you?
4. What information do you need to look into to make sure you're headed on a path to that career? Where can you find that information?

Categorize

Your group has three minutes to sort the words below into categories.

Internet	Basket	Honey	Queen
Garbage	Restaurant	Highway	Book
Fish	Shirt	Paper	Clock
Ear	Singer	Baseball	Money
Poem	Heart	Potato	Plane

Create a Story

Use the 8 words below to create a school appropriate story.
There is no length requirement or limit to how many
additional words you can use.

Snowman

Run

Frog

Dance

Helicopter

Sleep

School

Chef

[illegible]

Word Scramble

Use the word below to make as many 2+ letter words as you can. You can only use the letters as they appear. For example, you can only use one T per word because there is only one T in STARE.

The words you come up with must be real words.

S T A R E

Personality Inventory

Read each prompt, then circle the letter of the answer that sounds most like you.

My Personality Code

1st Letter

2nd Letter

3rd Letter

4th Letter

Round 1

- 1) When you're with a group of people, would you rather..
A. join in the large group conversation.
B. talk individually with people you know well.
- 2) When first meeting people, are you..
A. quick to open up and share about yourself.
B. more reserved until you get to know people.
- 3) When you meet someone new, do you feel..
A. excited to talk to them.
B. nervous to talk to them.
- 4) Do you tend to have..
A. many friendships with lots of different people.
B. deep friendships with a only few people.
- 5) When you go to a social gathering, do you..
A. leave feeling energized.
B. leave feeling drained or tired.

Tally up your answers
and circle the result
you had more of.

Total amount of A's circled:

_____ = Extroverted (E)

Total amount of B's circled:

_____ = Introverted (I)

Round 2

- 1) Do you usually work best with..
A. logical people with clear plans.
B. creative people with big ideas.
- 2) When writing a paper, are you more likely to..
A. start writing from the beginning.
B. start writing where ever you feel like writing.
- 3) Which do you value more?
A. a strong sense of reality.
B. a vivid imagination.
- 4) In books or movies, do you prefer stories that are..
A. literal, straightforward and you know what happens.
B. figurative, poetic and you can interpret what happens.
- 5) Are you more likely to trust..
A. your past experiences.
B. your intuition or "gut".

Tally up your answers
and circle the result
you had more of.

Total amount of A's circled:

_____ = Observant (S)

Total amount of B's circled:

_____ = Intuitive (N)

Round 3

- 1) When a friend is telling you about a problem they're having, do you...
 - A. analyze what got them there and try to find a solution.
 - B. listen to them and sympathize with their feelings.
- 2) When you judge the outcome of a situation do you focus on...
 - A. if the outcome followed rules and regulations.
 - B. the circumstances of the individual situation.
- 3) When expressing your opinions, are you generally...
 - A. more firm than gentle.
 - B. more gentle than firm.
- 4) Which would you say you tend to make decisions with?
 - A. your head.
 - B. your heart.
- 5) Would you rather be complimented for being...
 - A. a person who is logical.
 - B. a person who is compassionate.

Tally up your answers and circle the result you had more of.

Total amount of A's circled:
_____ = **Thinking (T)**

Total amount of B's circled:
_____ = **Feeling (F)**

Round 4

- 1) When hanging out with friends, do you prefer to arrive...
 - A. on time or early.
 - B. whenever you feel like it.
- 2) Do you prefer...
 - A. having things planned and organized.
 - B. going with the flow and let things happen.
- 3) Does the idea of making a to-do list...
 - A. sound great.
 - B. stress you out.
- 4) Do you tend to make decisions...
 - A. after looking at all the options.
 - B. somewhat impulsively.
- 5) Is it harder for you to adapt to...
 - A. constant change.
 - B. a strict routine.

Tally up your answers and circle the result you had more of.

Total amount of A's circled:
_____ = **Judging (J)**

Total amount of B's circled:
_____ = **Prospecting (P)**

Personality Types Descriptions

Read the descriptions below to learn more about the 16 different personality types based on the Personality Type Inventory.

First Letter

Extraverted (E) vs. Introverted (I)

How you get your energy

Extraverts: energized by spending time with people, outspoken, prefer group activities, easily excited

Introverts: energized by alone time, keep to themselves, prefer solitary activities, sensitive to external stimulation



Second Letter

Observant (S) vs. Intuitive (N)

How you take in information

Observant: practical, down-to-earth, have strong habits, focus on what's already happening

Intuitive: imaginative, open-minded, curious, focus on future possibilities



Third Letter

Thinking (T) vs. Feeling (F)

How you make decisions

Thinkers: rational, like to use logic, tend to make decisions with their heads, value efficiency

Feelers: express their emotions, like to use values, tend to make decisions with their hearts, value cooperation



Fourth Letter

Judging (J) vs. Prospecting (P)

How you organize your world

Judging: decisive, thorough, like structure and order, prefer planning things out

Prospecting: flexible, spontaneous, like to leave options open



Personality Groups Descriptions

Read the descriptions below to learn more about the 4 different groups of personality types based on the Personality Types Inventory. Circle or put a star next to your personality.

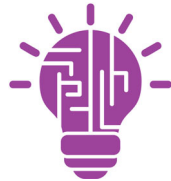
Analysts

Share Intuitive (N) and Thinking (T)

Logical, Rational, Intuitive

INTJ INTP ENTJ ENTP

- **Rational:** makes decisions with their head, using logic
- **Curious:** likes to try and learn new things
- **Socially Selective:** particular about who they spend their time with
- **Independent:** proud of their ability to work on their own
- **Problem-Solving:** confident in their ability to face challenges



Sentinels

Share Observant (S) and Judging (J)

Hardworking, Cooperative, Practical

ISFJ ISTJ ESFJ ESTJ

- **Order:** seeks to establish stability and values security
- **Self-Motivated:** doesn't need external inspiration for motivation
- **Structure:** likes set rules, proven methods and being prepared
- **Wisdom:** often serves as mentors to those around them
- **High Standards:** has high standards and clear ways to achieve these standards



Diplomats

Share Intuition (N) and Feeling (F)

Compassionate, Caring, Helpful

INFP INFJ ENFJ ENFP

- **Helping:** prioritizes being kind and generous
- **Connection:** enjoys having deep conversations rather than small talk
- **Relationships:** values having a meaningful network of people in their lives
- **Principles:** motivated by what matters to them
- **Understanding:** sees the benefits of knowing themselves as well as others



Explorers

Share Observant (S) and Prospecting (P)

Curious, Self-Reliant, Quick-Thinking

ISFP ISTP ESFP ESTP

- **Flexible:** able to adapt to situations easily and embrace being spontaneous
- **Big Picture:** focuses on big picture rather than small details
- **Broad Interests:** enjoys learning new skills and ways for doing things
- **New Things:** likes being the first to try something and sharing it with their friends and family
- **Restless:** constantly on the move and jumping from one thing to the other



WOOP

Name _____

WOOP helps people do the things they really want to do.

W

WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

O

OUTCOME

What will be the best result from accomplishing your wish? How will you feel?
Pause and really imagine the outcome.

Best outcome:

O

OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish?
Pause and really imagine the obstacle.

My obstacle:

P

PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:

Then I will:
(my action)

Session 3 Reflection

1) Write your four-letter personality code and describe what it means in your own words:

2) List three things your personality type and career cluster have in common:

-
-
-

3) What characteristics of your personality type do you think will help you in high school?

4) Why is it important to learn about your personality type?

Making Good Choices

Step 1: Identify the Opportunity or Obstacle

- What decision has to be made?
- Should you consult someone when making this decision?



Step 2: Brainstorm and Consider Possible Choices

- What options do you have?
- Make sure to list all options (pros and cons) even if you aren't sure if it's the best option.



Step 3: Evaluate Outcomes

- What outcomes could happen based on the choices you determined?
- What is your desired outcome?



Step 4: Make a Decision

- Once you make your decision, what needs to be done?
- Do you need to inform anyone about your decision?



Step 5: Evaluate the Results and Accept Responsibility

- Did you get the outcome you wanted?
- What can you learn from this experience?

Making Good Choices

Small Group Discussion Questions

1) Using the steps of making good choices, what should the person in your scenario do and why?

2) If you were in this situation, what would you do and why?

3) Brainstorm a few potential outcomes of this scenario. What could go wrong? What could go right?

4) Describe how it feels to try make the right decision when you are being pressured by someone else.

5) Describe how it feels when you realize you've made the wrong decision.

Valuable Squares Instructions

Values are the beliefs and principles that you believe are important in your life. Values help us make choices in our life so that we live our life true to ourselves.

Directions:

1. Read through the values listed on the Valuable Squares worksheet.
2. Listen to your mentor's instructions on how many values you cross off for each round.
3. At the end of the activity, write your core values here.

Discussion Questions:

How did you feel about the decisions you made and why?

Were you surprised by the squares you ended up with?

How do your values show up in your everyday life? Think about the decisions you make, how you overcome obstacles, your words and actions, etc.

Valuable Squares

Love Deep affection	Success Accomplishing a purpose or goal	Community A feeling of belonging with a group of people	Family A group of people who are related
Self-Reliance Being able to depend on yourself	Justice Concerend with fairness, peace, and genuine respect for other people	Status Having a high rank or social status	Creativity Using your imagination or original ideas
Honesty Being sincere and truthful	Knowledge Information, understanding, and skills gained through experience and education	Appreciation Being recognized for an achievement or ability	Respect Believing someone or something is important and should be treated in an appropriate way
Growth Development through dedication and hard work	Financial Security Being financially stable	Joy Taking pleasure in something	Freedom The power to act, speak, or think as you want to
Kindness Being friendly, generous, and considerate	Authenticity The ability to be your authentic self	Courage Being able to do something that scares you	Loyalty Giving or showing support or allegiance to someone or something

Session 4 Reflection

1) What information would be important to know about a career?

2) Who are the adults you can turn to for support as you explore your career interests and goals?

3) Write about a time when you had a big problem you had to solve by yourself:

4) What were your top three values and what do those values represent in your life?

-

-

-

Learning Styles Written Instructions

1. Place two blocks together at the corners to form a V shape.
2. Repeat until you have 5 Vs.
3. Put one upside-down V (opening facing down) at the top of your desk.
4. On the right side, place a V with the opening facing left and connect it to the bottom corner of the top V.
5. On the left side, place a V with the opening facing right and connect it to the bottom corner of the top V.
6. For the last two Vs, place one connected to the bottom right and the other connected to the bottom left.
7. When you're done, the 5 Vs should all point inward

Learning Styles

Find out your learning style by taking this short quiz! Circle the letter that sounds most like you for each question.

- 1. You need directions to a store that your friend recommended. You would:**
 - A) use a map.
 - B) ask your friend to tell you the directions.
 - C) write down the street directions you need to remember.
 - D) find out where the store is using landmarks you already know.

- 2. A website shows a video on how to make a graph or chart. You would learn best by:**
 - A) seeing the diagrams and examples of the graph or chart.
 - B) listening to the speaker.
 - C) reading the instructions.
 - D) watching the steps and practicing along with the video.

- 3. You want to make something special for your family. You would:**
 - A) get ideas by looking at pictures in magazines.
 - B) talk it over with friends.
 - C) follow written instructions on how to make it.
 - D) make something you've made before.

- 4. When choosing a career or area of study, these are important for you:**
 - A) working with designs, maps, or charts.
 - B) communicating with others through discussions.
 - C) using words effectively in written communications.
 - D) applying your knowledge in real situations.

- 5. When you're learning, you:**
 - A) see patterns in things.
 - B) like to talk things through.
 - C) read books, articles, and handouts.
 - D) use examples and applications.

- 6. You want to find out more about a college. You would:**
 - A) look at the college's website and watch a video.
 - B) prefer to speak with a current student at the school.
 - C) read a printed description or article about the college.
 - D) visit the college in person and take a tour.

- 7. You want to learn how to play a new board game or card game. You would:**
 - A) use the diagrams in the instructions.
 - B) listen to somebody explain it and ask questions.
 - C) read the instructions.
 - D) watch others play the game before joining in.

- 8. You have a problem with your knee. You would prefer that the doctor:**
- A) show you a diagram of what is wrong.
 - B) describe what is wrong using words.
 - C) give you something to read to explain what is wrong.
 - D) use a plastic model to show you what is wrong.
- 9. You want to learn more about a new movie coming out. You would:**
- A) watch a preview of it.
 - B) ask your friends about it.
 - C) read what other people have said about it online.
 - D) compare what you've heard about this movie to other movies you like.
- 10. You have to present your ideas to your class. In order to prepare, you would:**
- A) make diagrams or get graphs to help explain your ideas.
 - B) write a few key words and say them again and again.
 - C) write out your whole speech and learn it by reading it again and again.
 - D) gather examples and stories to make it real and practical.
- 11. You have to set up your parents new computer. You would:**
- A) follow the diagrams that show how it is done.
 - B) call, text, or email a friend and ask how to do it.
 - C) read the instructions that came with it.
 - D) unpack the box and start putting the pieces together.
- 12. You want to plan a surprise party for a friend. You would:**
- A) draw a map and make a special design for the invitation.
 - B) talk about it on the phone or text other friends.
 - C) make lists of what to do and what to buy for the party.
 - D) invite friends and just let it happen.
- 13. You prefer a teacher who uses:**
- A) diagrams, charts, maps, or graphs.
 - B) questions and answers, talks, group discussions, or guest speakers.
 - C) handouts, books, or readings.
 - D) demonstrations, models, or experiments.
- 14. You've finished a project or test and want feedback. You would prefer feedback:**
- A) shown in graphs or charts of what you achieved.
 - B) by talking it through with someone.
 - C) in a written description of your results.
 - D) with examples taken from your work.
- 15. You want to buy a new digital camera. Other than price, what would most influence your decision?**
- A) knowing it's the latest design and looks good.
 - B) the salesperson telling you about it.
 - C) reading the details about its features.
 - D) trying it out yourself.

Learning Styles

CALCULATE YOUR SCORE

Count the number of each letter you circled and enter them below.
The box with the highest number is your learning style! You can read a little more about each one below.

Total number of A's circled

= **Visual**

Total number of B's circled

= **Aural / Auditory**

Total number of C's circled

= **Read / Write**

Total number of D's circled

= **Kinesthetic / Body**

Visual (V):

Learn best by seeing. They understand information better with pictures, charts, diagrams, videos, or written directions.

Aural / Auditory (A):

Learn best by hearing. They understand information better from lectures, discussions, podcasts, or talking things through with others.

Read / Write (R):

Learn best by reading and writing. They understand information better from books, articles, notes, or writing things down themselves

Kinesthetic / Body (K):

Learn best by doing. They understand information better when they can move, touch, build, or act things out.

Session 5 Reflection

1) Write down your learning style and explain it in your own words:

2) What are some ways you can use your learning style to help you in high school?

3) Describe a time when you wanted to learn about something just because you found it interesting. What was it? How did you learn about it?

4) Describe a time you had difficulty learning something in one of your classes. How did you overcome the problem?

My Career Exploration

Your career is yours to plan and achieve! Use this worksheet to help you think about what your career and life could look like.

Passions

What do you like doing?

1.

2.

3.

Strengths

What are you good at?

1.

2.

3.

Lifestyle

What do you want your adult life to look like?

1.

2.

3.

Career Interests What are 3 careers that align with your answers above?

1.

2.

3.

Obstacles

What are some things that you need to overcome to achieve your goals?
(Challenges, setbacks, etc.)

1.

2.

3.

Support

Who or where can you go when you need help or support?
(People, programs, etc.)

1.

2.

3.

Things to Focus on in High School What can you do in high school to help you get to where you want to be? (Opportunities, clubs, programs, etc.)

1.

2.

3.

My Brag Sheet

My Name: _____ My GPA: _____

High school I'm attending: _____

Adjectives that describe me: _____

Favorite Classes

Grade

Why is this your favorite?

Greatest Accomplishments in School

Grade / Year

In-School Activities

Grade

What Responsibilities Did You Have?

Out of School Activities

Grade

What Responsibilities Did You Have?

Honors / Awards I've Received: _____

Mock Interview Practice

Employer:

“Hello, my name is [your name] and I’m the manager here at [business name]. What is your name?”

Applicant:

“Hi, my name is [your name]. Thank you for meeting with me today.”

Employer:

“Can you tell me a little bit about yourself and your strengths?”

Applicant:

[Share the adjectives you used to describe yourself and your strengths. How might you use them to succeed in this job?]

Employer:

“Thank you. Can you tell me why you want the [name of position] job?”

Applicant:

[Talk about your interests and how they might overlap with the job responsibilities.]

Employer:

“What are some hobbies or activities you are involved in outside of school?”

Applicant:

[Talk about your hobbies and activities you are involved in. Are you a leader in any of these activities? What responsibilities do you have?]

Employer:

“Thank you for sharing. Do you have any questions for me?”

Applicant:

[Ask a question about the job (not about the money).]

Employer:

[Answer the question]. “Thank you for meeting with me today. We will be in touch with our decision soon.”

Applicant:

“Thank you so much. It was nice to meet you.”

Employer Notes:

Mock Interviews

Helpful Tips and Tricks

Tip #1: Arrive early! Give yourself plenty of time to get to the interview, find parking, and find the room where your interview will take place.

Tip #2: Always remember to shake hands with the interviewer before and after your interview.

Tip #3: Research the company and the position you are interviewing for. It shows that you are prepared, and will take the initiative to learn more.

Tip #4: Be prepared to talk about yourself. Managers will ask about your strengths, weaknesses, and experiences. Prepare your answers ahead of time.

Tip #5: Don't talk about money during your interview. Once you receive a job offer, you can negotiate your pay at that time.

Tip #6: Dress for success! Wear an appropriate outfit and make sure your hair/makeup are professional.

Tip #7: Always ask questions at the end of the interview. Managers will ask "Do you have any questions for me?" Ask something like "What does a typical day look like in this position?" or "What is your favorite thing about your job?" Remember, you are interviewing them, just as much as they are interviewing you!

Tip #8: Follow up with a "Thank You" email or greeting card a few days after your interview. This shows your enthusiasm for the job and respect for the manager's time.

Common Reasons People Are Not Hired

- Lack of effort put into appearance
- Lack of enthusiasm or no goals
- Showing up late to the interview
- Not asking questions about the job or company
- Poor body language, such as no eye contact, slouching, etc.
- Talking badly about previous employers
- Cannot communicate clearly
- Not being polite
- Clear lack of preparation

Session 6 Reflection

- 1) What is one thing you want to practice so you can feel more confident when being interviewed?**

- 2) What are some things you can do in high school that would be good additions to your brag sheet? (Clubs, leadership opportunities, volunteering, etc.)**

- 3) How are you feeling about going to high school?**

- 4) What do you still want to accomplish in 8th grade to prepare you for next year?**

- 5) What most excites you about your potential career pathway?**

Impressions

Put yourself in someone else's shoes! For this activity, think about how the groups of people below see you based on your words, actions, and the environment they see you in, etc. You can only check off **5** words for each group. After you've completed the blue columns, stop until your mentors give you the next set of instructions.

Characteristics	Parents and Guardians	Friends	People You First Meet		How You Want to be Seen
Creative				S t o p H e r e	
Sarcastic					
Lazy					
Good Listener					
Organized					
Energetic					
Distant					
Funny					
Caring					
Opinionated					
Observant					
Confident					
Calm					
Easily Agitated					
Smart					
Serious					
Open-Minded					
Judgmental					
Honest					
Quiet					
Motivated					
Adaptable					
Social					
Resilient					

Session 7 Reflection

- 1) When you're in high school this Fall, what is one thing you'll remember from True2U?**

- 2) List 3 things you learned about yourself this year:**

- 3) What are 3 things you want to accomplish in high school?**

- 4) What questions do you still have about high school, after high school, and careers?**