

## I. Who Are You Now??

We are constantly changing. What you were interested in last year is probably different than what you are interested in now – and it will be different next year too.

Take some time to keep up with your ever-changing self. Included in this section is the tool we introduced in the workshop to guide you in exploring yourself. Use it to reflect anew on your strengths and skills.

You can also ask your friends, family members, teachers, and others to tell you some of the same things from their perspectives. You can ask:

- What do you think I'm good at?
- What do you feel are my greatest strengths?

Answers to these questions will help you to identify strengths and skills. You can also use them to find words that will highlight these things, which you can then use to introduce yourself to potential employers or agency staff.

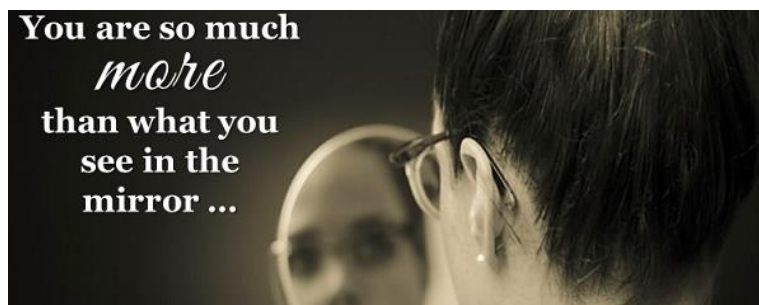
You can also ask different adults the following questions:

- Do you know someone I can speak with about finding a job or an internship?
- Do you know someone who may need extra help with (fill in the blank with what's interesting to you such as babysitting, yard work, etc.)
- What advice can you give me on how to find a job?

These answers you get from others can also become a networking tool that can make these people aware that you are looking for work experience or an internship.

**Form included in this section:**

- Self-Reflection About Me



## Self-Reflection About Me

1. What am I good at? [List anything that comes to mind (unloading dishwasher, playing x sport, organizing, cooking, singing, watching younger kids, talking with adults, etc.).]
2. What's hard for me?
3. Who am I? (There is no right or wrong answer.)
4. What are 3 - 5 adjectives I can use to describe myself.
5. What's important to me?
6. What do I enjoy? (such as favorite classes, sports, music, friends, other interests.)
7. What bores me?
8. What is my most valuable skill?