

HIP4O Culminating Activity: Personal Reflection

Value: 10% of the Final 30%

This culminating activity is a personal reflection related to what you have learned in each of the 4 units of study in HIP4O.

You have a choice of how you wish to present your personal information:

1. Electronic (eg. Prezi or similar)
2. Poster (eg. bristol board or tri-fold board)
3. Typed Report (including title page & table of contents; 8 ½ x 11 paper)

NOTE: → ***You must use headings and subheadings to organize your information***

→ ***Pictures or some type of creativity is also required***

***** YOU MUST SUBMIT THIS SHEET WITH YOUR FINAL PROJECT SUBMISSION! *****

HIP4O - Units of Study

- | | |
|---------------------------------------|---|
| A. Discovering You and Your Resources | C. MoneySense & Responsible Consumerism |
| B. Life Skills for Success | D. World of Work |

A. Discovering You and Your Resources

1. Who Am I? (8 marks)

- Write a brief biography or “profile” about yourself: you may wish to include items such as family members, friends, boyfriend/girlfriend, pets, school(s) attended, sports, personality traits, hobbies, post secondary plans etc.
- Include a famous quote or proverb that describes your personality and/or outlook on life, and explain its relevance.

2. Resources (10 marks)

- Make a list of **human** resources in your life (these are people who can help you to achieve a goal). Be sure to list them by name and how you know them **(2)**
- Identify any **material** resources you have (eg. money, items you own), and how they can help you become successful **(2)**
- Identify any **community** resources you use or have used a lot (eg. schools, churches, hospitals, parks, libraries, community centres, arenas etc.). Be sure to include a brief description of the name and significance in your life. **(3)**
- Identify any **personal** resources you have (eg. skills, talent, knowledge, interests, energy level, health/fitness,). Be sure to include a brief explanation for each and how they may be useful to you as you work toward independence. **(3)**

3. Attitude (5 marks)

- Explain the importance of attitude on successful independence, and why it's important to always maintain a positive attitude (3)
- Describe the law of attraction and how it can influence your perspective (2)

4. Goals (9 marks)

- Identify and explain 2 **short term goals** (one year or less) you wish to achieve (2)
- Identify and explain 2 **long term goals** (one year or longer) you wish to achieve (2)
- Identify and briefly explain any 3 goals you have already **accomplished** at some point in your life, and how the accomplishment of these goals made you feel (eg. learned to swim, pay your own cell phone bills, etc.) (3)
- Describe the lifestyle you hope to have when you're 30 years old (consider city, home, job, family, vehicle, pets, finances, etc.) (2)

B. Life Skills for Success

1. Time Management & Productivity (4 marks)

- Identify and briefly describe 3 **time wasters** that you personally experience and know you need to manage better (eg. electronic gaming) (3)
- Identify & explain one strategy you could implement to be more productive with your time (1)

2. Values (4 marks)

- Identify and briefly describe 4 **values** (things that are important to you) that you have (eg. family, friends, religion, etc.) (2)
- Comment on how these 4 values influence your decision making (2)

3. Decision Making (6 marks)

- Explain which decision making style you most often use for tough decisions and why you use it (2)
- Identify and describe **one example of a bad decision** that you made and which decision making style you used to make it. Were there any consequences from it that affected you or others? (2)
- Identify and describe **one example of a good decision** that you made and which decision making style you used to make it. Did this decision affect anyone besides yourself? If so, how? (2)

5. Communication (8 marks)

- Give an overview of your oral communication ability as it relates to conversing with both people you know, as well as those you do not. **Are you confident, shy, engaging, lackluster, friendly or cold?** What could you do to optimize your oral communication skills? (3)
- Explain the process of active listening and describe your personal level of competency in active listening both a) in the classroom, and b) with peers. (2)
- Comment on how aware and confident you are of your non-verbal communication: i) body language, ii) nervous habits (eg. drumming fingers, shaking leg etc.), iii) eye contact, iv) personal space, v) image projection (eg. confident, shy, arrogant, etc.) (3)

C. Money Sense and Responsible Consumerism

1. Money Personality Type (2 marks)

- Describe what “Money Type” you are, and explain why you feel that you identify with that type
- Discuss the pros and cons of this type of money personality

2. Budgeting & Saving (5 marks)

- Describe what the term “**budgeting**” means and the importance of budgeting. Do you have a budget now / will you use one in the future?
- Identify 3 advantages for saving money and reflect personally on how well you save money

3. Pay Stubs (3 marks)

- Describe the type of information presented on a pay stub (2)
- Explain why it is important to review your pay stubs regularly, and the possible risks of not checking your pay stubs (1)

4. Credit Cards and Debt (3 marks)

- Describe the pros and cons of credit cards and whether or not you wish to have one (or more) someday - why or why not? (2)
- Explain the long-term effects of acquiring a lot of credit card debt when you're young (1)

5. Smart Shopping (6 marks)

- Identify 3 strategies you should use when shopping (for groceries or clothing) to ensure you are getting the best deals for your dollars (3)
- Describe the level of confidence you have in distinguishing your “needs” from your “wants”, **and** utilizing strategies to ensure all of your clothing and food needs will be met, once you're living on your own (3)

D. World of Work

1. Basic Skills Needed for the Workplace (6 marks)

- Comment on your strength/weakness in the following basic skills needed for the workplace: i) Reading Skills, ii) Writing Skills, iii) Public Speaking Skills, iv) Listening Skills, v) Basic Math Skills, and vi) Thinking Skills (general knowledge & problem solving ability) **(4)**
- Comment on how you can try to improve any skills that you may be weak in **(2)**

2. Career/Job Goal(s) (7 marks)

- Identify and describe a career or job that you think you would like to have some day and why you would like that job **(2)**
- Describe specifically what education, skills and personal attributes you will need to do that job **(3)**
- Comment on whether or not you think you would stay in that one career area permanently, or if you think you would like to try more than one career. **(2)**

3. Job Search and Interview Preparation (7 marks)

- Identify some different ways people go about finding jobs (newspaper, word of mouth, etc.) and describe how you (or a friend/parent/sibling) found their job **(3)**
- Describe how you would prepare for your interview for the job you described above; what type of questions do you think they would ask? How would you respond? **(4)**

4. Striving For Your Career/Job Goal (3 marks)

- Describe in detail what you are doing, have already done, or plan to do, to try to get to your desired career/job goal

***** You MUST submit this sheet with your final submission *****

Total: /96 marks = → 10% of 30% FINAL

→ DUE FRIDAY JANUARY 17 2014 ←