***Always be more loving than you need to! :)***

*A careers course offers you chance to understand yourself, and develop strategies and skills to help you achieve success at the secondary level. The growth process of understanding yourself and your unique needs as well as implementing the skills you have learned takes time.*

*By creating a personal learning profile and reflecting on your progress and achievements throughout unit 1, you are able to see how far you have come since the beginning of the unit, and what you need to do to keep growing as a learner.*

***Your Task: Please select 4 from the following topics***

* The 6 Personality Types
* Type A / Type B Personality
* Work Place Values
* Wisdom
* Can Money Buy Happiness?
* Epistemological Humbleness
* The Teenage Brain (Pre - frontal cortex, decision making, stress, anxiety)
* SMART Goals (short, middle and long term goals)
* Building character - Courage Resilience
* Binder Organization

After you have selected 4 topics from the above list, please produce a personal learning profile Handbook that covers all of the topics that you have chosen.

* Important information to include is as follows:
* Include important, useful, and practical information about the topics
* Can you provide any expert knowledge about the topic?
* Can you provide any tips about the topic?
* Provide specific examples, applicable information for each topic

***Brainstorming Graphic Organizer***

* Complete the Brainstorming Graphic Organizer before you create the Personal Learning Handbook
* Provide details in the content section about the topic
* Choose 2 personal examples that relate to each topic

***In - Class Presentation***

You will be asked to make a short 5 minute hand book presentation to your fellow students to reveal the topics that you have selected, please include a quote that inspires you as well.

Please include a title page with your name, title, your teachers name, and date.