

# Career Prep 5: The Journey Inward (Self Discovery)

## Course Description & Learning Objectives

### Overview

*“Being a teenager is such a compelling time in your life; old enough to truly feel adult, old enough to make decisions that affect the rest of your life, yet, at the same time too young (in most cases) to be free to make a lot of decisions without someone’s approval.”*

Stephanie Meyer

Do you resonate with the quote above? Do you feel that you have total control over all the decisions you have to make - or do you find yourself feeling compelled to make decisions that are different than you want, or that would be best for you?

Where once it was just our immediate community and family circles who influenced us most, we now face what can sometimes seem to be insurmountable pressures from social circles, community trends, and whatever the media or social media tells us is the right thing to be, say or do.

All of these factors in life can play a huge role in affecting what we think about ourselves, and what decisions we make in life - sometimes without us even realizing it.

Today’s level of media saturation is unprecedented, and is having untold influence over how we feel about ourselves, see ourselves, and how we make important life decisions about things like careers, life goals, and plans for the future. Online communities are directly impacting many people’s mental health, habitual behaviors, and decision-making patterns - and that can be detrimental to building the core skills you need to really recognize and connect with yourself: your wants, your needs, your goals.

Many distractions along the journey of life can pertain to self-esteem and self-discovery. Although support systems like parents, teachers, and peers are important, the opportunity to be alone is just as important. While there are some people who find their personal energy from being with other people, there are others who find their personal energy from being alone, and you need a chance to determine what works best for you. You also need to recognize the need though to have both types of interactions in your life in order to make the most balanced decisions.

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Your ability to connect with yourself and determine how you fit into the world is very important. It can greatly assist with your relationships, future occupations, and overall personal success. Self-discipline, self-care, and self-efficacy are all tied to self-awareness. S.J. Scott stated, "Having self-awareness means that you have a sharp realization of your personality, including your strengths and weaknesses, your thoughts and beliefs, your emotions, and your motives."

How can a person know and understand these truths about themselves, unless they spend enough time discovering more about themselves, to understand themselves? In this unit, we will focus on helping you understand more about yourself, how you fit amongst your community, and how you may fit into a specific career.

#### **Unit 5 Outline**

- Who Are You?
- Conducting Evaluations
  - Prove It! Quiz
- What Motivates You?
- Shaping Your Personality
  - Prove It! Essay
  - Prove It! Vision Board
  - Prove It! Quiz