

About ME!

Wellness 9

Class Objectives

Students will:

- **Naviance**
- **Learn how you Learn - Learning Styles Inventory**
- **Identify your Strengths so you can apply to your learning**

Learning Style Inventory

- 15-20 minute survey that will identify how best you learn.
- Based on idea that people prefer to learn and work differently from another
- Read a statement and rate how much you disagree or agree
- Personal Report
 - Chart of your preferences
 - Description of each preference
 - Practical recommendations to make you the best learner possible

Results are based on:

- Immediate Environment
- Physical Needs
- Emotionality
- Sociological Needs

What Next -- Assignment

- Complete the Form
 - Include your FULL name
 - State your learning style based on your results
 - Write a couple sentences on how you learn best - strategies

Strengths Explorer

- It is common that people tend to focus on what their weaknesses instead of their strengths. We focus on fixing them instead of focusing on what is right with us.
- Today, we are going to discover and develop your unique strengths to become the best you can be.

How to Unleash your Strengths

Name It!

*Identify your
unique talents and
strengths*

CLAIM IT

*Integrate those
talents and strengths
into everything they
do*

AIM IT:

*Apply those talents and
strengths to achieve goals
and set themselves up for
success*

Themes -- Strengths Explorer

- Achieving
- Caring
- Competing
- Confidence
- Dependability
- Discoverer

- Future Thinker
- Organizer
- Presence
- Relating