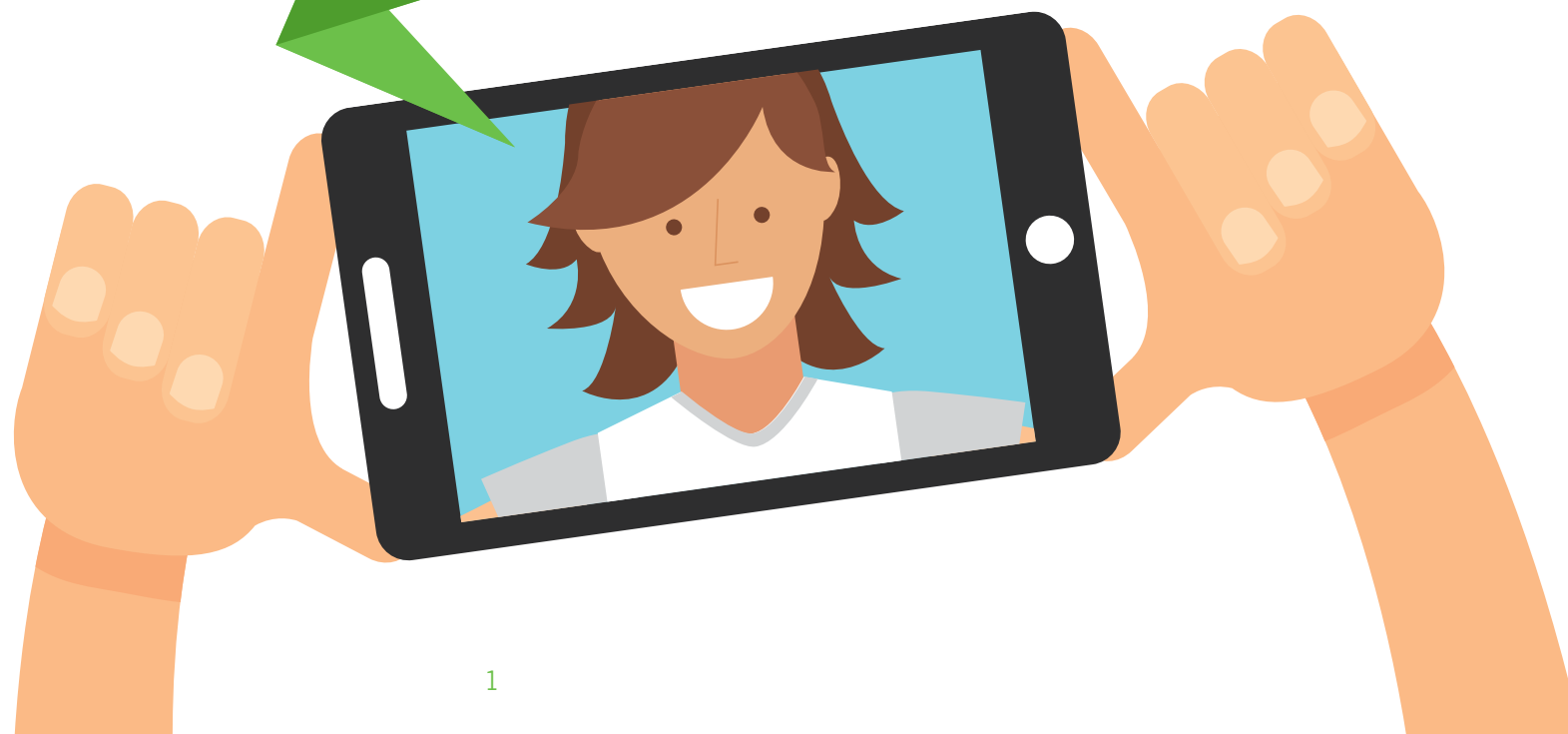


**PRESENTING  
ME!**



## AIMS



In this lesson you will:

- Reflect on your Guidance Related Learning so far.
- Create a poster all about you and what you have learned about yourself.

## OUTCOMES

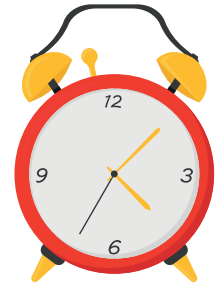


At the end of this lesson you will be able to:

- Create and present a poster presenting you!

# MY GUIDANCE RELATED LEARNING

PRESENTING ME!



## FIRST YEAR

- My School Year
- My School Supports
- My Goals
- My Values
- My Pathways

## SECOND YEAR

- My Identity
- My Mindset
- My Unique Values
- My S.M.A.R.T Goals
- My Voice & How I Present Myself
- My Pathways

## THIRD YEAR

- My Balanced Life
- My Skills
- My Subject Choice
- My Exploration of Careers
- My Options
- Presenting Me!

# PRESENTING ME!

## Create a Poster Presenting You!

Be as creative as possible!

In your poster you should include the following:



**People  
who can  
support  
you**

**Your  
Skills**

**Your  
Goals**

**Your  
Values**

**Your  
Identity**

**Your  
Role  
Model**

**Subjects  
you like**

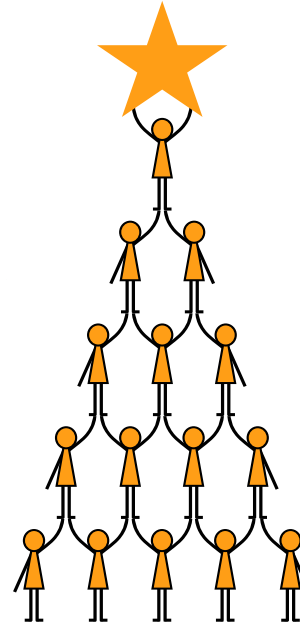
**Your  
Options**

**Your  
favourite  
Growth  
Mindset  
Statement**

Afterwards you will present this poster in your small groups!



# MY SUPPORTS



## Reminder!

### WHAT ARE SUPPORTS?

- Your supports are people who care about you.
- These can be people in school, at home or anywhere!
- For example: a class tutor, a year head, a certain teacher, people at home or in your neighbourhood.

### To do!

Write the names of three people who can support you.

# MY SKILLS



## Reminder!

### WHAT ARE SKILLS?

Skills are things you are good at:

This may include skills:

- you have had training for.
- you have from volunteering.
- you have from involvement in social activities.
- For Example: I am good at communicating. I speak to my parents and friends in a respectful way; I listen and speak in a way that others can understand me.

### To do!

Write about some of your skills!

# MY GOALS



## Reminder!

### WHAT IS A GOAL?

- A **“Goal”** is a desire/wish that is put into action through a plan.
- A **Goal** is like a target or something you shoot for.

### To do!

- Write about a goal you achieved over the last three years!
- Write about a goal you would like to achieve before you finish post-primary school!

# MY VALUES



## Reminder!

### WHAT ARE VALUES?

- Values are principles or standards of behaviour; one's judgement of what is important in life.
- Examples: Dependability, Reliability, Loyalty, Commitment, Open-mindedness, Consistency, Honesty.

## To do!

Write about some of your values

# MY IDENTITY



## Reminder!

## WHAT IS IDENTITY?

Identity is who I am!

academic	attractive	charming	courteous	deranged	efficient	exclusive	funny
accurate	beautiful	cheerful	crazycreative	detailed	elated	exuberant	generous
adaptable	boastful	clean	credible	determined	eminent	fair-minded	gentle
adorable	bold	comfortable	cultured	devoted	enchanting	fanatic	good-natured
adventurous	boundless	confident	curious	dignified	encouraging	faithful	great
affectionate	brave	clever	daring	diligent	endurable	fashionable	gregarious
aggressive	bright	competent	dashing	disagreeable	emotional	feminine	gorgeous
agreeable	broad-minded	composed	dazzling	dynamic	empathetic	firm	haggard
alert	bungling	confident	debonair	discreet	energetic	flexible	handsome
alluring	calm	conscientious	decent	dominant	entertaining	fool	happy
ambitious	capable	conservative	decisive	dynamic	enthusiastic	forceful	healthy
amused	carefree	considerate	decorous	eager	ethical	formal	helpful
appreciative	careful	contrary	dedicated	earnest	excellent	frank	hermetic
artistic	caring	cool	deliberate	easygoing	exciting	friendly	high-flier
assertive	casual	cooperative	delightful	eccentric	excited	fun	hyperactive
athletic	cautious	courageous	demented				

## To do!

List five words that describe who you are!



# MY ROLE MODEL

## Reminder!

### WHAT IS A ROLE MODEL?

A role model is a person who you admire and think is inspirational.



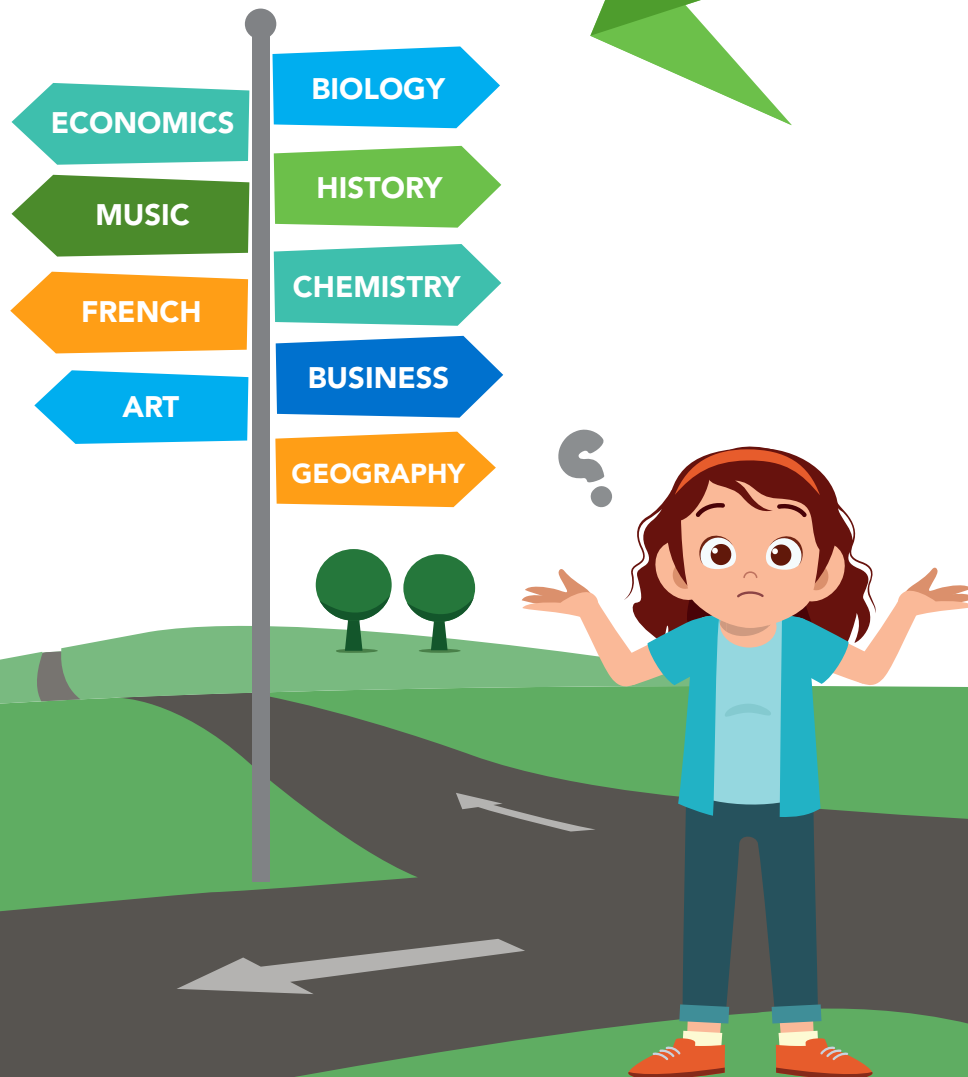
### To do!

Write about your Role Model.

- Why this person is an inspiration to you.
- What you have learned from this person.
- Why this person is important in your life



# MY SUBJECTS



## To do!

What subjects do you like and what subjects would you like to study in Senior Cycle?

# MY OPTIONS



## Reminder!

### WHAT ARE SOME OF MY OPTIONS?

- Third Level Education
- Post Leaving Cert Courses (PLCs)
- Apprenticeships
- Graduate Programmes
- Employer Sponsored Programmes
- Study Abroad
- Work
- Work Experience
- Volunteering
- Gap Year
- Repeat Leaving Certificate

## To do!

What are some of the options you would like to pursue after post-primary school?

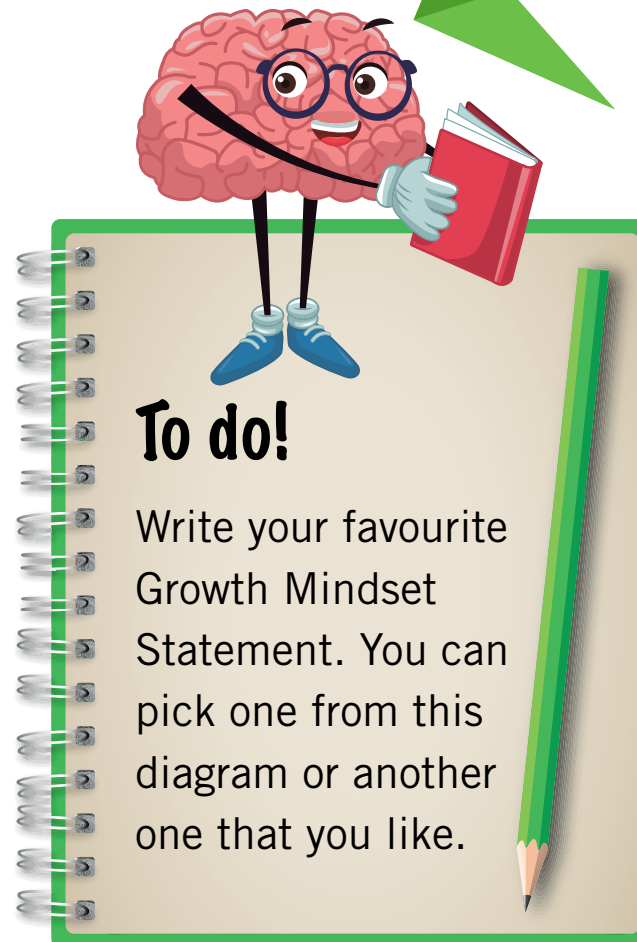


# MY FAVOURITE GROWTH MINDSET STATEMENT

**Reminder!**

## WHAT ARE GROWTH MINDSET STATEMENTS?

Statements based around a belief that a person can get smarter or better; that effort makes someone stronger.



"I like to try new things"  
"I can learn to do what I want"  
"Failures offer opportunity & growth"

## GROWTH MINDSET

"My intelligence can be developed"

"I embrace challenges"

"I learn from feedback"

"I keep trying and never give up"

"I am inspired by other people's success"

"I know this will help me even though it is difficult"

"My mistakes help me grow"

# PRESENT YOUR POSTER TO YOUR GROUP!

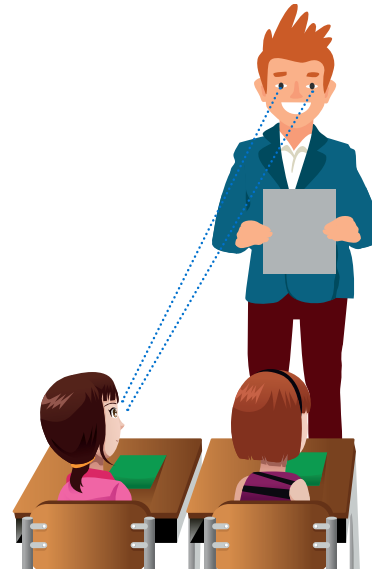
- Do you remember the lesson in Second Year on 'My Voice and How I present Myself?'
- This might help you when you are presenting your poster in your group!



**Smile**



**Stand with your  
feet still and apart**



**Make Eye-contact!**



**Breathe Slowly  
and Deeply**

# PRESENTING ME!

## Create a Poster Presenting You!

Be as creative as possible!

In your poster you should include the following:



**People  
who can  
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**Your  
Skills**

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**Subjects  
you like**

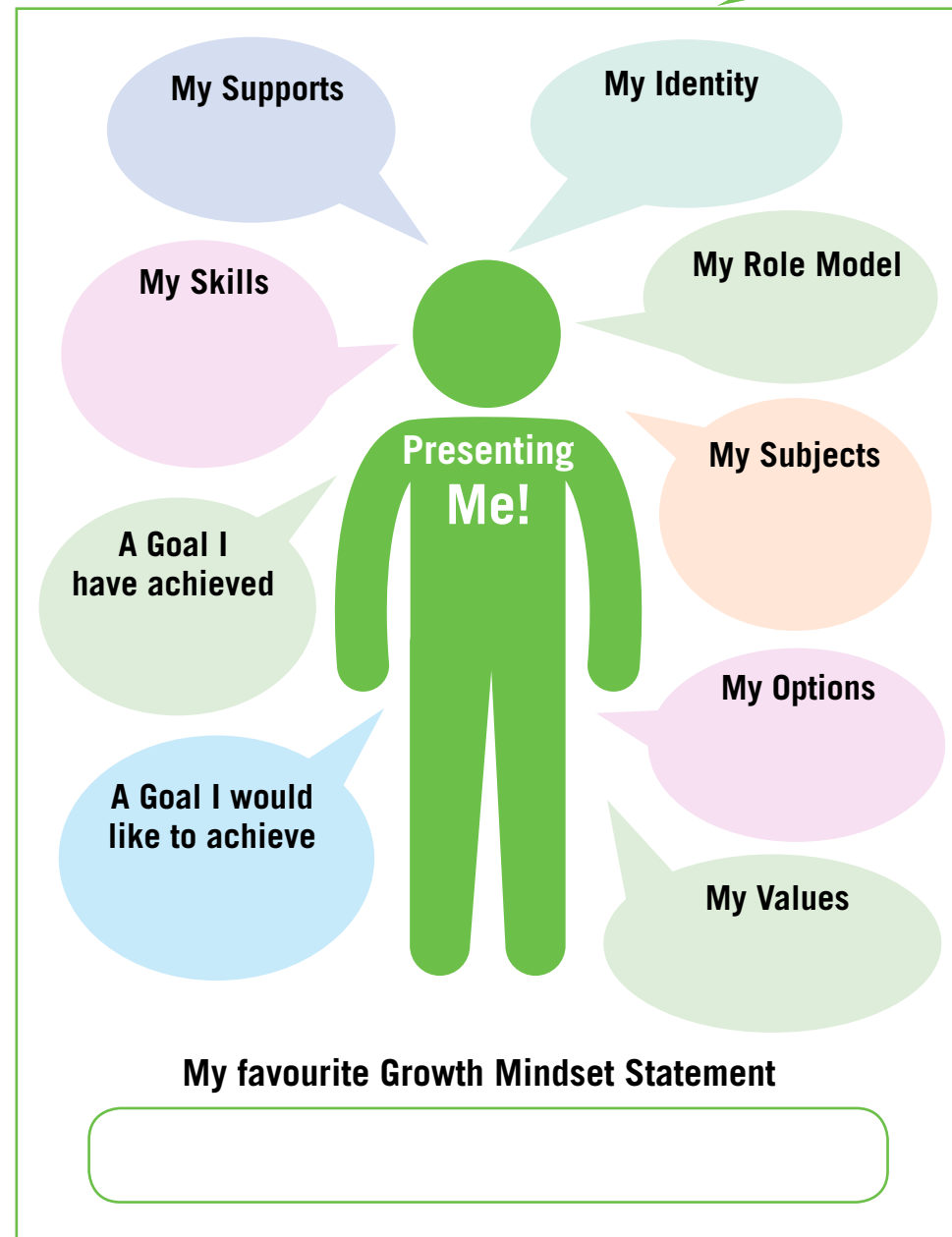
**Your  
Options**

**Your  
favourite  
Growth  
Mindset  
Statement**


Afterwards you will present this poster in your small groups!

# HOW DO I PRESENT THE POSTER?

AN IDEA OF HOW IT  
MIGHT LOOK



# CLASS FEEDBACK AND REFLECTION!

- 
- How did you find this exercise?
  - Did you like talking about yourself?
  - Did you like listening to others talking about themselves?
  - What have you learned in your Guidance Related Learning that has had the greatest impact on you?
  - What else would you like to learn in your Guidance Related Learning Classes?

# CONSOLIDATION OF LEARNING

## Can you...

- Create a poster about yourself and present it to your group