

# FIND YOUR GRIND ... ONLINE LEARNING

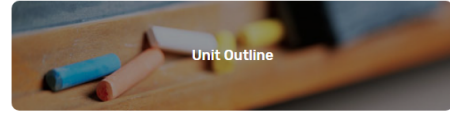
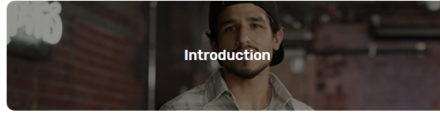
0 students | 7 Units

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## FIND YOUR "SELF"

### Your Toolkit



### Lesson 1 | Find Your Strengths

LEARNING GOAL: Students will identify aspects about themselves that define their identity and begin to understand their strengths, weaknesses, threats, opportunities, and habits.

2 hours 45 min  
4 activities

### Lesson 2 | Find Your Brand

LEARNING GOAL: Students will explore their past, present and future by identifying priorities at each stage of their life. Students will continue to construct their personal identity by forming their own personal brand statement, and will identify how brands use statements to inform their actions. Students will learn how to utilize this "brand" to support current and future decision-making.

2 hours 20 min  
3 activities

### Lesson 3 | Find Your Values

LEARNING GOAL: The students will be challenged to implement their current values in a scenario and reflect on possible outcomes to consider. Students will be asked to identify and prioritize specific values that are important to them. Students will update their SWOT document and identify any changes.

1 hour 30 min  
3 activities

### Lesson 4 | Find Your Personality: A 360° View of Self

LEARNING GOAL: Combining feedback from others with their own perceptions, students will be able to create a 360 degree view of themselves.

1 hour 15 min  
2 activities

### Lesson 5 | Find Your Drive

LEARNING GOAL: Students will learn how to begin to create a direction for their lives by examining the choices they make and the moments they are looking to create. This is achieved through small improvements, and by recognizing when to persevere and when to let go.

1 hour 20 min  
4 activities



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